

ROSES *and* THORNS

Prayer Guide:

HAVING A LITTLE TALK WITH JESUS



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Content Page

1 WHAT IS PRAYER?

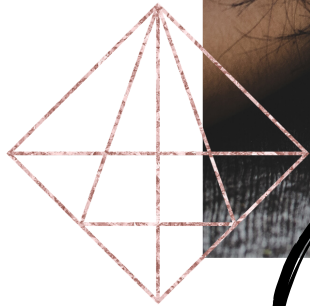
2 WHAT PRAYER IS NOT.

3 WHAT TO PRAY

4 WHERE TO PRAY

5 A.C.T.S. PRAYER MODEL

6 PRAYERS



Chapter 1: What is Prayer?

And we are confident that He hears us whenever we ask for anything that pleases Him. And since we know He hears us when we make our requests, we also know that He will give us what we ask for.

1 John 5:14-15 (NLT)

Prayer is an act of worship that glorifies God and reinforces our need for Him. It is true loving communication with God and an expression of our inner spiritual needs. It is communication of the human soul with the Lord who created the soul. Through living a life of prayer, we respond to Christ's work of salvation and communicate with the very source of and purpose for our existence.

Mark 11: 24-25 tells us that we can pray for anything, and if we believe that we have received it, it will be ours.

Because our will is not naturally in harmony with that of God, it is through prayer that we can earnestly seek Him and submit our lives to Him. When this occurs, our will is merged with God's will. When our desires are aligned with His will, what we are seeking God for has already been promised in His word.

Prayer is not about asking God to change a situation but instead prayer changes us in the situation.

Chapter 1 Notes



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Chapter 2

WHAT PRAYER IS NOT



When you pray, don't babble on and on as the Gentiles do. They think their prayers are answered merely by repeating their words again and again. Don't be like them, for your Father knows exactly what you need even before you ask him!

Matthew 6:7 (NLT)

Prayer is not a magical invocation to get what we want, but rather a conversation where we give God the opportunity to speak to us about His plans and purpose for our lives.

Prayer is not meditation or passive reflection. Prayer is active communication with your heavenly father.

Prayer is not a tool to get what we want from God. God is not a genie in a bottle but rather a loving Father who gives good gifts to His children (Matthew 7:11).

Prayer is not boastful. Prayer is not an opportunity for us to openly display our ability to showcase our vocabulary. God is not impressed with our vocabulary.

Prayer is not measured by the length of the prayer. There is no validity to thinking that the longer you pray, the more God will hear you. Prayer is genuinely communing with God and there is no set number of words that you need to offer.

Chapter 2 Notes



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Prayer Reflection

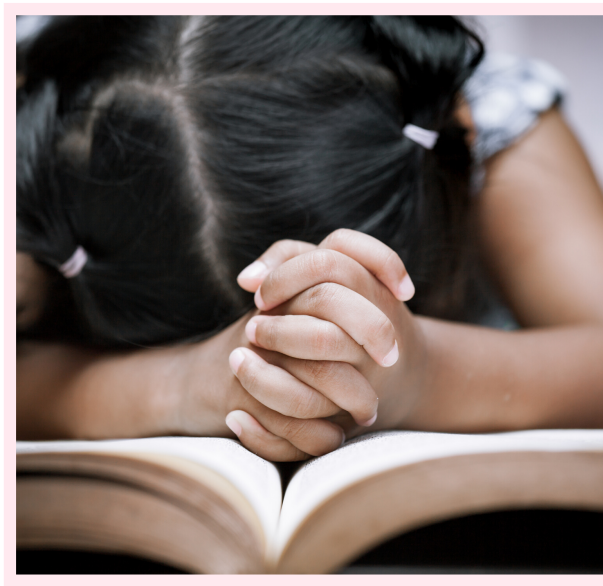
Has prayer for you been mostly monologue or a dialogue?



A series of horizontal lines for writing, spanning the width of the page below the question.

Chapter 3

WHAT TO PRAY



And I will do whatever you ask in my name, so that the Father may be glorified in the Son.

~John 14:13

God's desire is for us to pray "on all occasions with all kinds of prayers and requests".

~Ephesians 6:18

God answers prayer requests based on rather they are asked according to His will and in the name of Jesus (to bring glory to Jesus). God is more interested in the content of our hearts than the eloquence of our words. James 4:3 says we ask and do not receive, because we ask with wrong motives.

So, are we asking to satisfy our own desires? Are we seeking God's approval for what we're already planning to do? Our prayers are powerful when we allow God to change our desires so that they perfectly correspond to His will for our lives. This is why we believe praying God's Word back to Him is powerful and assures our alignment with His Word and His will.



Chapter 3 Notes



Prayer Reflection

What do you tend to most often pray for?



Chapter 4:

Where to Pray



But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you.

~Matthew 6:6 NLT

Public prayer is certainly Biblically acceptable. However, we should be cognizant of our motives in public prayer and particularly beware of pride. Wanting to pray publicly so as to be thought highly of is not biblical.

At the same time, avoiding praying in public for fear of embarrassment or out of shame is also not biblical. Both public prayer and private prayer are Biblically supported and have a place in the life of the believer.

Chapter 4 Notes



Prayer Reflection

How are you most comfortable praying? In church or at home. Silently or publicly. In the morning or at night? Kneeling, standing, laying prostrate?

Chapter 5:

A.C.T.S. PRAYER MODEL



Adoration

Worthy are you, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they existed and were created. ~Revelation 4:11

Adoration is an expression of reverence, respect and praise. It's a form of worship reserved for God alone and an admiration for who God is as Lord of all. It's focusing on the character and attributes of God. While the Lord's Prayer is merely a template, it points out the importance of beginning our prayer time with our eyes and hearts focused on God.

Examples of Adoration:

- Express your love and longings for God – Have extra times of worship without asking for anything but just praising God.
- Delight in Jesus Himself – Not worshiping God for what He has done for us, but delighting in Jesus Himself and Who He is.
- Learning to be unselfish in our prayers – Not always being me-centered but learning to be God-centered.
- Pray the attributes of God and Jesus – “You are holy,” “You are righteous,” “You are good, forgiving, loving, merciful, etc.”
- Pray the names and descriptions of God and Jesus – “Wonderful Counselor,” “Prince of Peace,” “Savior,” “King of Kings,” “Jehovah,” “Yahweh” Pray verses that go along with each name or description such as Isaiah 44:6 “Thus says the Lord, the King of Israel and his Redeemer, the Lord of hosts: “I am the first and I am the last; besides me there is no god”.



Adoration Notes



Prayer Reflection

How do you express adoration to God when praying? What is your favorite scripture of adoration?



A.C.T.S. PRAYER MODEL

Confession

Search me, O God and know my heart: test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life. ~Psalm 139:23-24 NLT

Acknowledging our sins and asking for God's forgiveness is contrition.

Sin – disobeying God – may look harmless, but we will face consequences and it separates us from God. As believers, we are called to confess our sins so that we can be healed of them.

Confession draws us closer to God. It gives us the opportunity to submit to Him and acknowledge a need to remove any barrier hindering our relationship with God. We should ask God to search our hearts and reveal any hidden sin that may have been overlooked or denied. When we confess, we are humbly opening ourselves up to God's leadership and acknowledging that His ways are better than our ways.

Walking in divine forgiveness (as a result of confession/contrition)

Psalm 103:12 says when God forgives us He removes our sins as far from us as the east is from the west. This is a symbolic portrait of God's forgiveness. When He forgives our sin, He separates it from us and doesn't even remember it. We need never wallow in the past, for God forgives and forgets. We tend to dredge up the ugly past, but God has wiped our record clean.

When we pray, we must first forgive anyone that we are holding anything against so that our Father in heaven will forgive our sins as well. If we are to follow God, we must model his forgiveness. When we forgive another we must also forget the sin. Otherwise we have not truly forgiven. (1 John 1:9) If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness

Confession Notes



Lined area for writing confession notes, consisting of 25 horizontal lines.

Prayer Reflection

Do you struggle with the truth of God forgiving you of what you consider your worst sin?



A.C.T.S. PRAYER MODEL

Thanksgiving



Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.
~1 Thessalonians 5:16-18 ESV

Thanksgiving is regarded as an expression of gratitude and acknowledgment. It is also a celebration of the divine kindness, goodness and faithfulness God has bestowed upon us. Our natural inclination is to be selfish and to focus on our pleasures. The act of thanksgiving forces us to remember all that God has already done for us. It draws us out of our present troubles; allowing us to recall all of the times that God has been faithful to us and faithful in the Bible.

It gives us the opportunity to confront deceptive lies that God does not love us with the truth of the Bible, and the testimony of God's loving acts in our lives.

Having a life of thanksgiving leads to thankfulness in prayer.

We can continuously show our gratitude to God through:

- Studying His Word
- Giving Him time
- Praise
- Prayer
- Service
- Willingness/obedience



Thanksgiving Notes



Prayer Reflection

How do you show God gratitude for His blessings?



A.C.T.S. PRAYER MODEL

Supplication



Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints; It's intentional that we leave our requests for the end of prayer.

~Ephesians 6:18

After going through Adoration, Confession, and Thanksgiving we will often find that everything, even our prayer requests change. Selfish requests that were all about us are replaced with a God-given perspective on what to ask for.

This is the time to cast our cares on God. Whatever you're worried about, pour out your heart to Him, and ask Him to move in a mighty way. Ask confidently and boldly, but not demanding. Ask, and then trust that He will do as He sees best.

When we pray with supplication it is not just for ourselves, but it is also for others. In our petitions, God speaks to us about His will. In prayer, humble hearts will begin to align with the will of God. Our requests are shaped to submit to the heart and purposes of God.

Prayer of Supplication or Petition

This is where many exercise listing God's promises and having them in front of them, praying the answer through the prayer of petition. We can petition God with promises from His Word. When we do, we are praying with precision rather than around and around in circles or in general. We don't have to guess if our prayers are effective because they're based on the Word of God!

The Bible tells us that the effectual, fervent prayer of the righteous availeth much (James 5:16b)

Supplication Notes

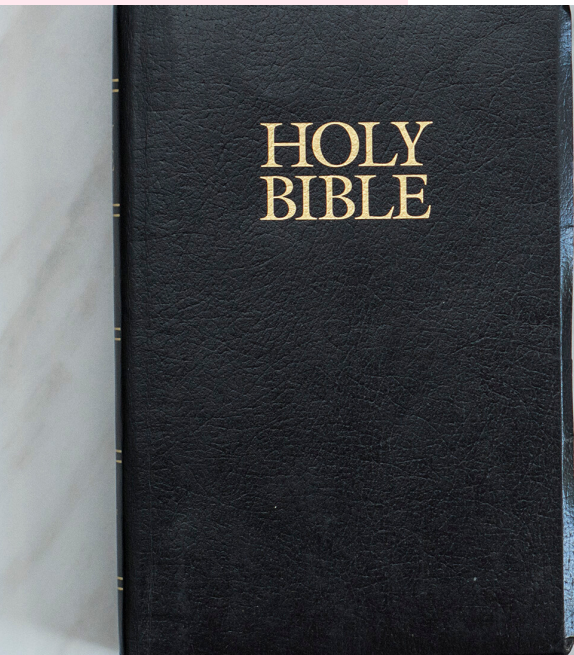
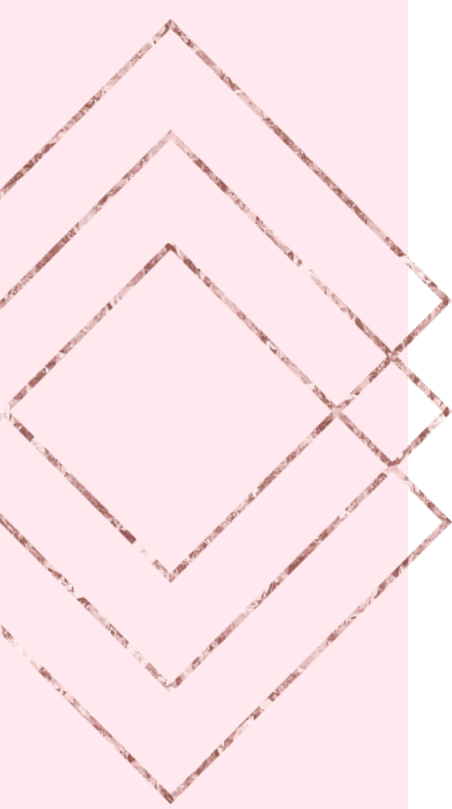


Prayer Reflection

In your opinion what is the difference between prayer and supplication?



Bible Reading Plan



Bible Reading Plan

What scripture are you reading? Have you prayed the scripture?

Date

Scripture

Bible Reading Plan

What scripture are you reading? Have you prayed the scripture?

Date

Scripture

Bible Reading Plan

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Scripture

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Scripture

This image shows a blank sheet of white paper with horizontal black ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a faint, decorative red floral or damask pattern. The pattern consists of small, stylized flowers and leaves, some of which are larger and more prominent than others, creating a subtle background design.

Bible Reading Plan

What scripture are you reading? Have you prayed the scripture?

Date

Scripture

This image shows a blank sheet of white paper with horizontal black ruling lines. The lines are evenly spaced and run across the width of the page. At the bottom right corner, there is a faint, decorative pattern of small red flowers or dots. The overall appearance is that of a clean, unused notebook page.



Gratitude Journal



Gratitude Journal

I am thankful for...



Gratitude Journal

I am thankful for...



Gratitude Journal

I am thankful for...



Gratitude Journal

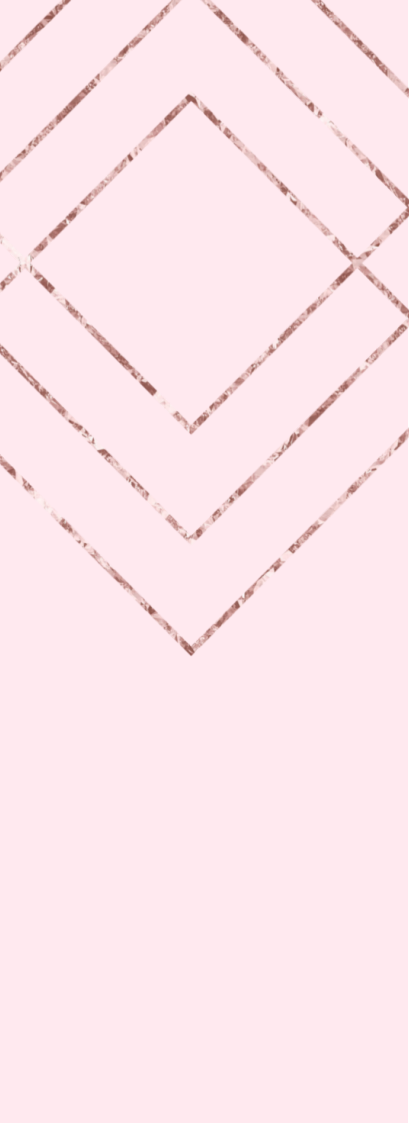
I am thankful for...



Gratitude Journal

I am thankful for...





Intercessory Prayer Journal



Intercessory Prayer Journal

Prayers for others...



Intercessory Prayer Journal

Prayers for others...



Intercessory Prayer Journal

Prayers for others...



Intercessory Prayer Journal

Prayers for others...



Intercessory Prayer Journal

Prayers for others...





The Fruit of My Prayers



I Prayed...God Answered

When we pray, God Answers. He can answer Yes, No, or Wait.

Record the prayers that you have prayed and how God answered.

I prayed...

God Answered...

I Prayed...God Answered

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About Roses and Thorns



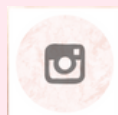
Over 20 years ago, I sat with a girlfriend; dreaming. We were energetic, ambitious young women who loved God and sisterhood. We determined that we were going to develop an organization to uplift women. We planned to call it The Total Woman because it was our goal to discuss the broad range of issues women face. We were going to write books, host conferences and provide resources. Well, that was the plan anyway, but life happened. The plans for establishing the organization took up residence in my rear view mirror. There it sat; taunting me, reminding me of all of the commitments and promises that I had made to God to be obedient to His plan for my life. There were so many things that I allowed to take priority over my purpose.

Over the years, I would revisit the thought of The Total Woman organization and would develop outlines and put to paper ideas and plans, but I never seemed to make it out of the draft phase. It seemed as if The Total Woman was not to be. In 2006, I moved to Texas through a job transfer. Fortunately, moving to Texas was one of the best decisions I've made in my life. My daughter thrived, and we were able to develop friendships that grew into a community of support; our Texas family. In 2015, I was feeling inspired to establish The Total Woman organization. I was ready to define and document what God had given me so that I could communicate a clear vision, so I prayed for direction.

I was a different woman than that 22-year old who received the vision. I had experienced things that the 22-year old me wouldn't have imagined. As a result, I was inspired to change the name. This organization would not be called The Total Woman. The organization should be called Roses and Thorns. So why Roses and Thorns? When my daughter was in grade school, we shared our days with one another by speaking of the "roses" and "thorns" of our day. The "roses" were the parts of our day that were good or exciting. We would share the things that went well rather than it was getting an "A" on an unexpected quiz or having a productive meeting at work. We would also report the "thorns" that occurred; sharing the parts of our day that were challenging and hurtful. This communication tool was an effective method for me to peek into the day of my daughter and to hear her heart. I was able to learn the things that were important to her and recognize the triggers that made her hurt, upset, excited and happy.

These experiences; roses and thorns, well describe the state of existence of the lives of most women. We have the rose petal experiences of life that are beautiful, fragrant, and glorious to behold. In contrast, there also exists the painful, hurtful, conflicting experience in life. It is my prayer that you gain strength and sisterhood as you connect with other women of faith.

Connect with Us:



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