



“Rejoice in our
confident hope.

Be patient in trouble,
and
keep on praying.”

Romans 12:12 (NLT)

Praying the



A is for Adoration. We praise and honor
(adore) God.
Lord we love you!

PREVIEW



C is for Confession. We tell God what is on
our hearts. We say, "I'm sorry."
*Sorry for the way we disobey your
commands.*



ACTS Way



S is for Supplication. We ask God for help or support. We make our requests to God for ourselves and for others.

Keep us safe this week.

T is for Thanksgiving. We thank God for all that we are and all that God has given us.

Thank you for our church.

PREVIEW



*What are your doubts
and fears about prayer?*

*What questions do you
have about prayer?*



PREVIEW

*What problems do you
have with praying?*



Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard

This low-resolution preview may not be printed or distributed. Philippians 4:6-7
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THE LORD'S PRAYER

Our Father in heaven,

Hallowed be your name,

Your Kingdom come,

HOLY

PREVIEW

Give us today our daily bread.

And forgive us our debts,

As we also have forgiven our debtors.

And lead us not into temptation,

But deliver us from the evil one.

Matthew 6:9-13



It's hard to be totally honest with God.

The important thing to remember about prayer is that it is part of the relationship between you and God. The best way to nurture that relationship is to be totally open. God knows everything, including what is on our hearts. When we hold things back from God, we limit the deep relationship offered to us.

We don't always want what God wants. We are afraid that God might reveal something to us that we know we won't want to do.

Jesus himself struggled with this as he prayed in the Garden of Gethsemane, knowing that he would have to face the cross. If God is calling us to do something, we can count on the Holy Spirit being with us through it all.

Common

Problems with Prayer

The answer from God is “no” or there seems to be no answer from God.

Perhaps getting no answer is really part of the answer. It is possible that by not answering our prayers, God is actually providing us with other things that we need to have.

We wonder if God really hears our prayers. How do we know that God is listening or that God hears us?

When we hear nothing from God, we feel like God has become distant. Nothing could be further from the truth. God is always present with us. Even when we don't have words to pray, the Holy Spirit prays for us (Romans 8:26–27).

When we pray for healing for someone, they do not always get healed.

God still does miracles, but usually it seems that there are way more people who have not been healed than who have experienced the miracle of healing. In the Bible, Paul prays for healing numerous times, but we don't see the people get healed. We do not know why. We shouldn't stake all our hopes on our prayers for physical healing.

We wonder whether or not prayer is worth doing. After all, if everything is already going to happen according to God's will, then our prayers cannot possibly change God's mind, right?

This would be a powerful objection to praying if we knew God's will perfectly. But we don't. We do know, however, that God has called us to pray and that our prayers can have a positive influence on the world and the people in it, including us.

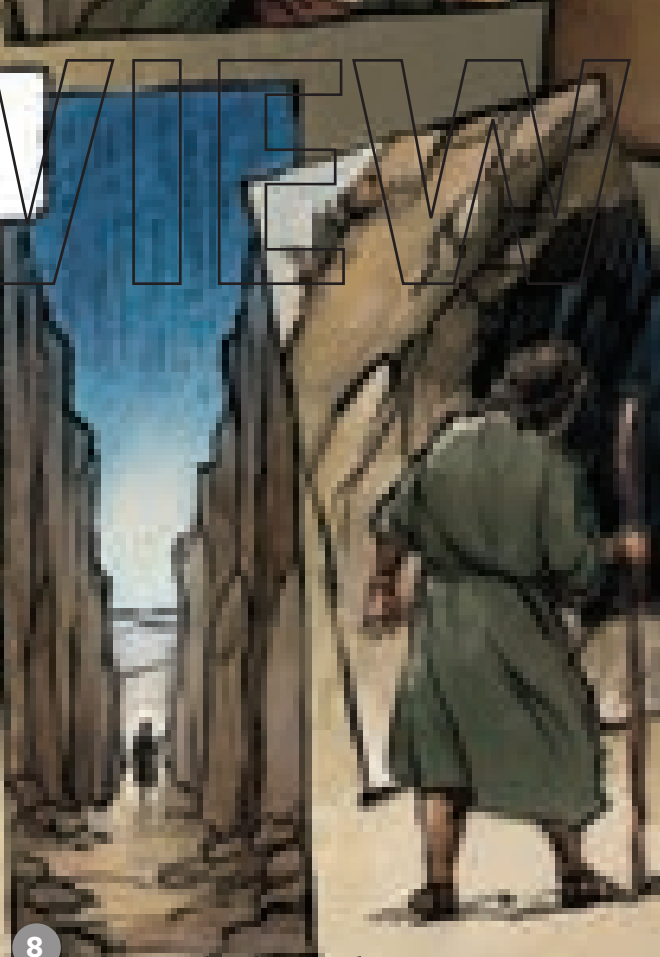
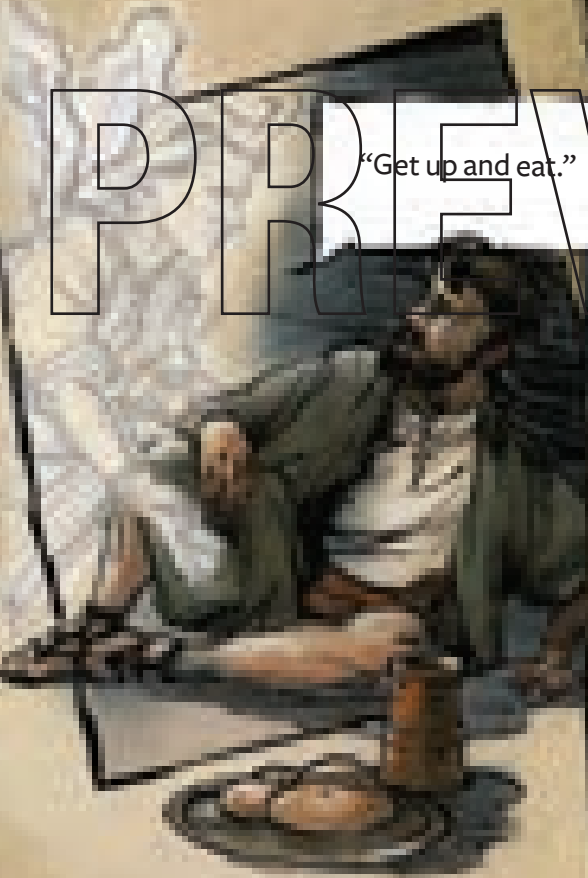
—Adapted from “Pressing Through the Problems of Prayer,” by Belinda Elliott, cbn.com/entertainment/books/Elliott_Yancey-Prayer.aspx

Elijah's Story



PREVIEW

"Get up and eat."





"take my life, Lord."

what are you doing here,
Elijah?"

"I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

"Go out and stand on the mountain, for the LORD is about to pass by."

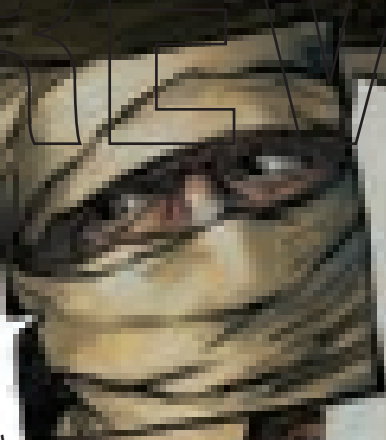
PREVIEW

What are
you doing
here,
Elijah?



PREVIEW

I have been very
zealous for the
LORD God Almighty.
The Israelites have
rejected your
covenant, torn down
your altars, and
put your prophets
to death with the
sword. I am the only
one left, and now
they are trying to kill
me too.”



Go!

Psalm 139 (MIV)

- ¹ You have searched me, LORD,
and you know me.
- ² You know when I sit and when I rise;
you perceive my thoughts from
afar.
- ³ You discern my going out and my ly-
ing down;
you are familiar with all my ways.
- ⁴ Before a word is on my tongue
you, LORD, know it completely.
- ⁵ You hem me in behind and before,
and you lay your hand upon me.
- ⁶ Such knowledge is too wonderful
for me,
too lofty for me to attain.
- ⁷ Where can I go from your Spirit?
Where can I flee from your pres-
ence?
- ⁸ If I go up to the heavens, you are
there;
if I make my bed in the depths, you
are there.
- ⁹ If I rise on the wings of the dawn,
if I settle on the far side of the sea,
¹⁰ even there your hand will guide me,
your right hand will hold me fast.
- ¹¹ If I say, "Surely the darkness will
hide me
and the light become night around
me,"
¹² even the darkness will not be dark to
you;
the night will shine like the day,
for darkness is as light to you.
- ¹³ For you created my inmost being;
you knit me together in my moth-
er's womb.
- ¹⁴ I praise you because I am fearfully
and wonderfully made;
your works are wonderful,
I know that full well.
- ¹⁵ My frame was not hidden from you
when I was made in the secret
place,
when I was woven together in the
depths of the earth.
- ¹⁶ Your eyes saw my unformed body;
all the days ordained for me
were written in your book
before one of them came to be.
- ¹⁷ How precious to me are your
thoughts, God!
How vast is the sum of them!
- ¹⁸ Were I to count them,
they would outnumber the grains
of sand —
when I awake, I am still with you.

Lectio Divina

¹⁹ If only you, God, would slay the wicked!
Away from me, you who are blood-thirsty!

²⁰ They speak of you with evil intent;
your adversaries misuse your name.

²¹ Do I not hate those who hate you,
LORD,
and abhor those who are in rebellion against you?

²² I have nothing but hatred for them;
I count them my enemies.

²³ Search me, God, and know my heart;
test me and know my anxious thoughts.

²⁴ See if there is any offensive way in me,
and lead me in the way everlasting.

Step 1: Sit comfortably and quietly, preparing yourself for prayer.

Step 2: Slowly read through the Scripture passage, paying attention to the words and phrases that stand out for you. Expect to find a word or phrase that has meaning.

Step 3: Read through the passage again, giving special attention to the word or phrase that stands out. Sit with this word. Think about it. Turn it over in your mind. What could God be saying to you through this word?

Step 4: Speak to God about the word or phrase. Use whatever words, ideas, or images come to mind. God is giving you a blessing with this passage. Share with God what is on your heart.

Step 5: Rest in God's presence. Sit in silence and pray.

Scripture Prayer Starters

Psalms 63:1-4

¹You, God, are my God,
earnestly I seek you;
I thirst for you,
my whole being longs for you,
in a dry and parched land
where there is no water.

²I have seen you in the sanctuary
and beheld your power and your glory.
³Because your love is better than life,
my lips will glorify you.

⁴I will praise you as long as I live,
and in your name I will lift up my hands.

This prayer can be useful when I...

1 Kings 3:9a

⁹So give your servant a discerning heart to
govern your people and to distinguish between
right and wrong

This prayer start can be useful when I...

Philippians 4:6-7

⁶Do not be anxious about anything, but in every
situation, by prayer and petition, with thanks-
giving, present your requests to God. ⁷And the
peace of God, which transcends all understand-
ing, will guard your hearts and your minds in
Christ Jesus.

This prayer can be useful when I...

Psalm 63:6-8

⁶On my bed I remember you;
I think of you through the watches of the
night.

⁷Because you are my help,
I sing in the shadow of your wings.

⁸I cling to you;
your right hand upholds me.

This prayer can be useful when I...

Psalm 56:1-4

¹Be merciful to me, my God,
for my enemies are in hot pursuit;
all day long they press their attack.

²My adversaries pursue me all day long;
in their pride many are attacking me.

³When I am afraid, I put my trust in you.

⁴In God, whose word I praise—
in God I trust and am not afraid.
What can mere mortals do to me?

This prayer can be useful when I...

PREVIEW

Psalm 139:1-6

¹You have searched me, LORD,
and you know me.

²You know when I sit and when I rise;
you perceive my thoughts from afar.

³You discern my going out and my lying down;
you are familiar with all my ways.

⁴Before a word is on my tongue
you, LORD, know it completely.

⁵You hem me in behind and before,
and you lay your hand upon me.

⁶Such knowledge is too wonderful for me,
too lofty for me to attain.

This prayer can be useful when I...

Psalm 23

¹The LORD is my shepherd, I lack nothing.

²He makes me lie down in green pastures,
he leads me beside quiet waters,

³he refreshes my soul.

He guides me along the right paths
for his name's sake.

⁴Even though I walk
through the darkest valley,

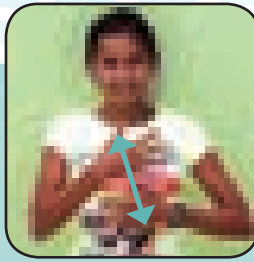
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.

⁵You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.

⁶Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the LORD forever.

This prayer can be useful when I...

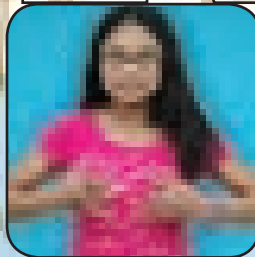
ASLsigns



Afraid/fear

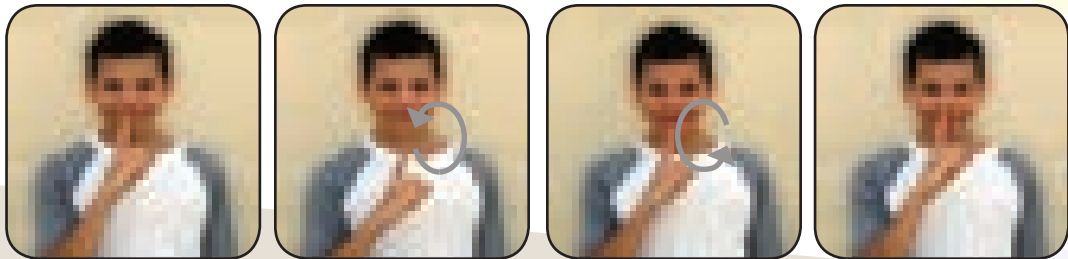
The sign for “afraid” is sort of like a wave of fear shooting through your body.

PREVIEW



Unhappy/Depressed

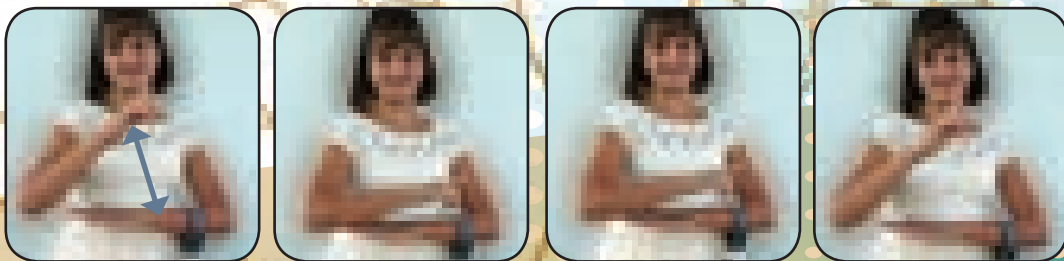
Down as in “depressed.” Feeling down. This sign bends the middle fingers forward at the large knuckle. It can but doesn’t have to touch the body. Use a single straight down movement and an appropriately sad facial expression.



Lonely

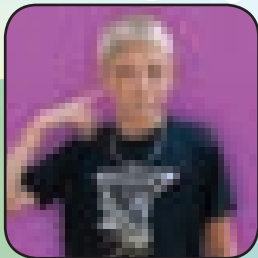
The sign for “lonely” uses an index finger. If you are right handed, your palm is facing to your left. The index finger is brought near to the lips and then slides down, forward, up, back, and down. Do two complete (but small) circles.

PREVIEW



Obedient/dutiful

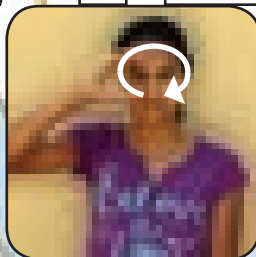
Make sure you do this sign with the left hand palm-down. If the palm is up, it means doctor.



Listening/seeking

If you want to discuss “physical” hearing, just tap your ear twice.

PREVIEW



Search / look for / seek

The dominant “C” hand draws two circles in front of the face.

Assignment: Praying for Others

Source:

Group A: Philippians 1:3, 9-11

Group B: Colossians 1:3, 9-12

Group C: 1 Timothy 2:1-3

Task:

Learn from Scripture who to pray for, what to pray about, and why we pray for others.

PREVIEW

Who

What

Why

Poetry Prayers – Cinquain

The work and creativity it takes to write poetry can be a form of prayer. This template guides you through the steps of writing a cinquain prayer.

The word cinquain comes from a French word, *cing*, which means five. Cinquain poetry uses a five-line pattern, with set numbers of syllables in each line.

PATTERN

Line 1 has 2 syllables

Line 2 has 4 syllables

Line 3 has 6 syllables

Line 4 has 8 syllables

Line 5 has 2 syllables

ORGANIZATION

Title

Description of the title

Action about the title

Feeling about the title

Synonym or similar word for title

EXAMPLE

puppy

hyper, cute

barking, jumping, chewing

a playful bundle of trouble

Boxer

**To prepare to write a cinquain prayer,
respond to these questions:**

What is the subject of your prayer?

What or who are you praying about?

Describe the subject.

What action are you seeking with your prayer?

What feelings surround your prayer?

What words are synonyms of the subject?

**Select words for your prayer. Use the template to track the
syllables for each line in the poem.**

Line 1:

Line 2:

Line 3:

Line 4:

Line 5:

Poetry Prayers - Haiku

The work and creativity it takes to write poetry can be a form of prayer.
This template guides you through the steps of writing a haiku prayer.

The haiku poetry form comes from Japan. It follows a set three-line structure with a limit of seventeen syllables. It might seem easy to write such a short poem. The strict number of syllables per line makes writing in this form a little tricky.

PATTERN

Line 1 has 5 syllables

Line 2 has 7 syllables

Line 3 has 5 syllables

EXAMPLE

The last winter leaves

Clinging to the black branches

Explode into birds.

PREVIEW



Choose a subject for your prayer focus. Brainstorm words that describe your subject.

Write down what you want to pray around this focus. Is there a particular joy, or concern, or request you wish to pray about?

Brainstorm words that express your joy, concern, or request. Remember to address your prayer to God.

Write the first line of your poem, using five syllables. This can be a stand-alone line, or one that leads to your second line.

PREVIEW

Write the second line of your poem, using seven syllables.

Write the final line with five syllables.

Prayer

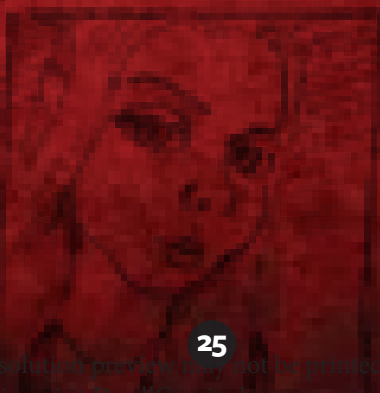
Visualize a person or subject for whom you are praying, a family member, or an image from the news. Write down your needs, the hopes you have for the situation. Record your images using a variety of colors.

PREVIEW

Images

you are praying. This may be a friend or
ws article you read. Imagine the person's
tion, and how God might care for them.
colors, offering your images as prayer.

PREVIEW



My Prayer List/Letter

PREVIEW





PREVIEW

²³ On their release, Peter and John went back to their own people and reported all that the chief priests and the elders had said to them. ²⁴ When they heard this, they raised their voices together in prayer to God. “Sovereign Lord,” they said, “you made the heaven and the earth and the sea, and everything in them. ²⁵ You spoke by the Holy Spirit through the mouth of your servant, our father David:

Write your own prayer of transformation for a difficult situation.

A blank sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

26 The kings of the earth rise up
and the rulers band together
against the Lord
and against his anointed one.’

28 They did what your power and will had decided before-
hand should happen. 29 Now, Lord, consider their threats
and enable your servants to speak your word with great
boldness. 30 Stretch out your hand to heal and perform
signs and wonders through the name of your holy servant
Jesus.”

³¹ After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly.



Transforming power of prayer

Little Rachel Schultz is only eight-months old. Yet her young life has been bathed in prayer. Five months ago, Rachel was diagnosed with acute lymphoblastic leukemia, a disease that can only be treated with a bone marrow transplant. Often, bone marrow donors can be found in family members, but in Rachel's case, no one in her family was a donor match. Her family turned to prayer and action through their church community.

Members of the Schultz' church family joined in prayer each week, praying for Rachel's health and strength, for the work of the doctors and medical specialists, for a donor to be found.

They set to work, organizing two bone marrow registry drives through their church. More than 1,100 people showed up at these events to do what they could to help save Rachel's life. Medical personnel swabbed the cheek lining of each volunteer to take cell samples. The cells were analyzed and two people were found who matched Rachel's needs.

But additional steps needed to be taken. Little Rachel had to endure three rounds of chemotherapy to put her cancer into remission before the bone marrow transplant procedure could proceed.

Her family, her church community, and the 1,100 registry volunteers continued to pray.

After four days of radiation treatments and two days of chemo, Rachel reached the threshold to receive the bone marrow donation. "She's starting to smile more now that she's feeling better since she's been in remission," her dad reports. "She's been through so much, and we just want so badly for this to be a success.

"This whole experience has been very scary; it's like trying to find your way through a maze and every door you come to has no window in it, and you don't know what's on the other side until you open it and it hits you in the face," he admits.

"We're staying strong, and part of that is because of the support from all the wonderful people in this community. Because of all the people praying for and with us, we continue to hope and pray as we face this hope-filled procedure with our little girl."

[Adapted from: "Transplant Date Set for Baby with Leukemia," by Lisa King, The Sentinel-News Plus, Monday, July 9, 2012, Shelbyville, Ky.]

How Long?

Next to each event below, write how long you think it might take for these things in years, days, and hours. It's OK if you don't know the answers to all of these, but try to use the resources you have to figure it out.

Event	Years	Days	Hours
A lifespan	70 years	(70×365) 25,550	$(25,550 \times 24)$ 613,200
The time it takes to eat and digest a meal			
The time it takes for a bird to go out and return with food			
Duration of a lily bloom			
Worrying about what you might wear			
The time it takes for grass to grow then fade			
Span of time from today until tomorrow			
Simeon's wait to see Jesus			
Anna's wait to see Jesus			
The Advent season			
The time left until Christmas day			



PREVIEW

“Sovereign Lord, as you have promised,
you may now dismiss your servant in
peace.

For my eyes have seen your salvation,
which you have prepared in the sight
of all nations:
a light for revelation to the Gentiles,
and the glory of your people Israel.”

—Luke 2:29-32

Dive, Year 3, Unit 3

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