

WAYS TO PRAY

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The ACTS prayer acrostic is a method of prayer that helps people connect with God by guiding them through four elements of prayer:

- **Adoration:** *Praising God for who they are and what they have done*
- **Confession:** *Saying sorry for the hurt we've caused God and others*
- **Thanksgiving:** *Thanking God for all they have done for us*
- **Supplication:** *Asking God to grant us what we need*

The ACTS prayer acrostic can help people remember the elements of prayer and the priority they should give to each. It can also help people grow their repertoire of ways to connect with God.

Here is an example of an ACTS prayer:

- **Adoration:** *"Holy Father, it's so amazing that you created the sky, the sea, and me"*
- **Confession:** *"I'm sorry for the times I say mean things about people, because I know it not only hurts them, but it hurts you. Please forgive me"*
- **Thanksgiving:** *"Thank you for forgiving me, loving me, and giving me what I need"*
- **Supplication:** *"Help those who serve at the food pantry."*

7 Day Prayer Plan

Mission Monday – Pray for your church, missions, missionaries, or any venues you serve in or ministries that you are involved in.

Thanksgiving Tuesday – Spend time thanking God and praising Him for who He is and what He's done and is doing in your life. Ask Him to reveal to you ways He's working around you and in you. Give Him praise and honor for all things.

World Wednesday – Pray for your nation, its leaders, and our world. Pray for government leaders, your local community, and the spread of the gospel throughout the world.

Throne Thursday – Pray that God reigns over your life and you walk following His leading. Ask God to show you areas and help you where He needs to be moved to His proper place in your life.

Family & Friends Friday – Use this day to focus on your family and friends. Pray for your spouse, your children, parents, siblings, friendships, and relationships. Pray for their specific prayer requests or how the Lord prompts you to pray for them.

Salvation Saturday – Pray for those you know that are unbelievers or for those that are seeking God. Pray for the unsaved and for boldness to share the Lord with those you encounter.
Surrender Sunday – Pray that your life is daily surrendered to the Lord. Ask God to search your heart and confess any sins that you may find yourself entangled in. Pray for forgiveness and God's mercy.

Others' Prayers Using others' written prayers can assist us in praying travelling different paths than our own typical prayers. For example, let's pray these --

“O God and Heavenly Father, grant to us the serenity of mind to accept that which cannot be changed, courage to change that which can be changed, and wisdom to know the one from the other through Jesus Christ, our Lord, Amen.”

REINHOLD NIEBUHR

*Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.
O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.*

ST. FRANCIS

Place Prayers

Places/spaces guide our prayers. For example, what do we pray about when near the church’s pulpit? It’s piano? It’s main door? Or in your home and kitchen? Your guest room? And so on.

Walking Prayers

As you walk your neighborhood pray about nature you see, children in the yards, neighbors, schools and their teachers, prosperity for your community, the city commissioners, etc.

Pray the Scriptures – literally pray as yours the prayers of the Bible (found mainly, but not only, in the Psalms).

Today we’re talking about ways to pray, and the disciples asked Jesus that very question. “Lord, teach us to pray”, they said.

And Scripture records the Lord's Prayer, as Jesus taught it to them. But Scripture gives us other prayers as well. The letters of Paul to the churches in the New Testament are filled with prayers. He often opened and/or closed his letters with a prayer for the churches.

The Book of Psalms also gives us prayers that we can use in our personal and corporate prayer times. One of my favorites comes from Psalm 27: *"One thing I ask of you, O Lord, this is what I seek: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and seek Him in his temple."*

The book of Ephesians has several great prayers that we can pray for the people on our prayer lists and on our hearts. In Ephesians 6:19, Paul asks the church at Ephesus to pray for him, saying: *"Pray also for me, that whenever I open my mouth, words may be given me so that I will fearlessly make known the mystery of the gospel, for which I am in an ambassador in chains. Pray that I may declare it fearlessly, as I should."*

Isn't that a great prayer for a pastor or missionary? Here's a prayer from 3 John: *"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."*

And here's one from Romans 15: *"May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit."*

These are just a few of the prayers in Scripture. I encourage you to take up a yellow highlighter and let the Living Word, Jesus, lead you as you search the written Word for new and powerful ways to pray.

Or pray your way from a verse or passage. e.g. Mt. 6

25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life [a]. 28 “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Dear Lord, Thank you for being a Father to us. Thank you for acting on our behalf, for giving us all that we need, for sustaining us in hard times, for assuring our hearts that all is well and all will be well. We release striving.....we release worry.....we release fear. We receive from You the peace that passes understanding and the joy of our salvation in Jesus Christ.

Renew in us the desire to seek YOUR kingdom and YOUR ways. Our hope is in you, Father God, and in our risen Savior Jesus, forever and always. Amen. Prayer based on Mt 6:25-34 Dear Lord, Thank you for being a Father to me. Thank you for acting on my behalf, for giving me all that I need, for sustaining me in hard times, for assuring my heart that all is well and all will be

well. I release striving.....I release worry.....I release fear. I receive from You the peace that passes understanding and the joy of my salvation in Jesus Christ. [I entrust to your tender care those who need your help today:....] Renew in me the desire to seek YOUR kingdom and YOUR ways. My hope is in you, Father God, and in my risen Savior Jesus, forever and always. Amen.

Body Prayers – kneel or lie prostrate or-
Await, Allow, Accept, and Attend are the four poses of Julian of Norwich's Body Prayer:

- **Await:** A posture of receiving, with cupped hands extended at the waist
- **Allow:** A posture of opening, with hands open and reaching up to God's presence
- **Accept:** A posture of taking in whatever comes, with hands cupped at the heart and head bowed
- **Attend:** A posture of extending hands and palms open, in willingness to act on what has been given

Sing or hum a Prayer – Or write a poem prayer. The hymnbook is a prayer book. No organ needed (other than your heart).

For example,

*Day by day
Day by day
Oh Dear Lord
Three things I pray
To see thee more clearly
Love thee more dearly
Follow thee more nearly
Day by day*

Two Things That Help Me Pray (Three)

1. *God's more ready to answer than I am to ask.*
2. *It's okay if prayers are Brief, Fervent, and Frequent.*
3. *There are two times to pray – when you feel like it and when you don't.*

Write Your Prayer as a Letter

Dear God, this is me and I have a couple things on my mind that I'd like to think about with you or go over with you

The Examen -- The Daily Examen is a prayer practice that involves reflecting on the day's events to find God's presence and direction.

1. **Pause and breathe:** Start by taking a few deep breaths and becoming aware of God's presence.
2. **Give thanks:** Express gratitude for God's love.
3. **Review the day:** Recall specific moments and how you felt at the time. Especially when you felt little God energy and when you felt heightened God energy.
4. **Reflect:** Consider what you said, thought, or did in those moments.
5. **Give thanks.**

If you would like to talk with someone about this message or your spiritual life, or to have someone pray with you, the pastors and elders of the church would welcome your call.
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