

# Daily Prayer Guide

## Six Areas of Prayer

Praise

Thanksgiving

Intercession

Petitions

Guidance

Surrender

Christians in the United States, for the most part, have never been taught how to pray. We have learned the simple bedtime and meal time prayers and we have listened to the prayers said at church, but we lack the knowledge and the experience to sit down and have meaningful time of prayer.

One of the reasons for this is the fact that we don't know what to say during our times of prayer. Yes, prayer is a conversation with God, but often it feels like a one way conversation, and that is difficult type of conversation to have. A second reason many of us don't pray is because we are easily distracted. Since prayer is talking with God we want to be fully present when we do it, but the reality is that after a few minutes our minds wander. Being distracted feels disrespectful, so we put off praying until we can fully focus on God, and that time never comes.

I want to help you develop a wonderful prayer life. This daily guide comes out of my own experience of learning how to pray. For many years I struggled with praying, but I wanted to be a person of prayer. After some study and trial and error I developed this guide. Not only does it help me know what to pray about, it also helps my wandering mind to focus on prayer.

There are six areas of prayer that I have chosen to highlight in this guide. Before I start to pray I write the things I want to focus on in each of these areas.

In the area of **PRAISE** I write down the quality of God I want to meditate on, to thank God for, and to remember. For instance, you can praise God for being faithful or for being the Good Shepherd.

In the area of **THANKSGIVING** I list the blessings that have I noticed in my life, and thank God for being the source of those blessings. This a great reminder on how dependent we are on God.

In the area of **INTERCESSION** I list the people and the organizations that I want God to bless and help. At the top of this list is my family. The people range from people who have health issues, to people who need salvation, to people God has laid on my heart for one reason or another. Some are close personal friends and others are people I have never met (like politicians, athletes, and missionaries). The organizations range from ministries and churches to our federal and local governments.

In the area of **PETITIONS** I list those things that are personal worries, concerns, and struggles. I believe having this one after the praise, thanksgiving, and intercession helps remind us that we are third: God and our neighbors come before us.

In the area of **GUIDANCE** I list those specific ways I need God's wisdom and discernment in my life. We can't live a life that honors Jesus without the spiritual wisdom and understanding that comes from God.

In the area of **SURRENDER** I list the part of my life that I need to let go of and allow God to take control. It might be in the area of bitterness, jealousy, or anger. This act is part of our daily worship of God.

When I have these different lists created I spend time praying through them, often out loud, adding whatever may come to my mind at the time. The whole process takes about 30 minutes, and I have found that it has helped the focus and quality of my prayer time.

Created by Paul Steele