

Praying every day

SIMPLE TOOLS TO HELP YOU KEEP GOING AND GROWING IN PRAYER

Praying "inside out"

Life in this terribly broken world is hard.

Violence. Oppression. Corruption. Destruction. Wars. Global catastrophes. Shattered relationships. Sickness. Pain. Loneliness. Shame. Broken promises. Crushed dreams. Personal tragedies. Death.

All these things remind us that brokenness is everywhere.

But wait.

There is good news.

One day, all these things will be gone. Forever.

One day, God and his children will be together again.

One day, it will be on earth as it is in heaven.

One day, all shall be well.

But until that comes, Jesus urges and invites his followers everywhere to begin using their voices to willingly and intentionally pray for others and the world around us:

"Your kingdom come, your will be done, on earth as it is in heaven." (Matthew 6:10)

We don't need to use big words, or feel pressured into trying to sound more holy, pure, or spiritual than we are. It's okay if we sometimes even find ourselves struggling to find the words to say at all. God isn't looking for perfect or polished prayers.

Instead, he simply wants us to pray as we can as we invite God to bring his help, healing, and hope to those people, places, and situations which are in need.

GIVE IT A GO

To pray "inside out", follow the three simple steps below. This should take around 10 minutes to pray, but feel free to adjust the timings and take it at your own pace.

And remember, if you follow this practice once it will be useful. If you do it every day, it can bring transformation.

- 1/ Set a 10-minute timer at the same time every day for one week. Stop. Be still. Sit quietly. Prepare to spend time with your loving heavenly Father in prayer.
- 2/ And then, using the "inside out" model below as a structure for your prayer time, pray boldly and specifically for God's kingdom to come and his will to be done in your life, your family, your church, your local community, your country and the wider world.
- 3/ To close your prayer time, be still for a few minutes without asking for anything. Simply rest in God's love, remembering that he has heard your prayers and that he holds the world in his hands.



WORLD /	Pray for trouble spots, natural disasters, human suffering, the persecuted church, God's kingdom to come in all nations.
COUNTRY /	Pray for our government and leaders, domestic and foreign concerns, social and justice issues, emergency services.
COMMUNITY /	Pray for all things local: council, businesses, schools, other churches, your friends, colleagues and neighbours, safety.
CHURCH /	Pray for your minister, elders and any other staff, your church's ministries, any particular congregational needs.
FAMILY /	Pray for immediate family at home, pray for wider family, pray for particular circumstances - illness, jobs, relationships.
YOU /	Pray for yourself to be changed and transformed day-by-day, to grow in holiness and love of the Lord, your own needs.