

## Practical prayer on Friday – 5<sup>th</sup> Feb. '21

During the last year we have noticed the psychological and spiritual damage done to our relationships by physical isolation during our “Lockdowns”. Some relationships have strengthened, but many have weakened or fizzled out where little effort was applied to keeping them strong.

As a Christian, you know deep down that your relationship with God is more vital than the air you breathe. But how is that relationship right now? Whatever your answer, why not use our day of prayer and fasting, Friday, 5<sup>th</sup> February 2021 to deliberately invest in your friendship with God?

### Choose one or more of these ideas to put into practice on Friday:

#### **Simple Prayer** - “And by him we cry, ‘Abba, Father’.” Romans 8:15

Baby prayers are the cry of our heart to a loving heavenly Father who wants to hear what is on our heart. Pick three times of the day to simply call out ‘Abba, Father’ - tell him what is on your mind and heart right then, what you are thinking about, what you feel about your day and week, what is worrying you etc. End with thanksgiving for one simple thing that He has done for you.

#### **Talk to God only** - “Be still and know that I am God.” Psalm 46:10

If your routine allows, choose a two-hour, four-hour or even six-hour slot when you will not talk with anyone else except God. Set aside as much of this time as possible to be still before Him, read a Psalm, listen to Him or sing to Him.

#### **Meditate on His Word** - “I have hidden your word in my heart” Ps. 119:11

Choose **one** of these verses from John’s Gospel to read aloud at the start of the day. Each hour, on the hour, try to repeat it aloud or under your breath (depending where you are!) and ask God what he is saying to you through it. Alternatively, a verse from a Psalm.

**John 13:34-35, 14:6-7, 14:15-16, 14:27, 15:4-5, 15:9-12, 15:16, John 16:33, John 17:3 or 17:22-23**

#### **Prayer Square** – “...all kinds of requests...” Ephesians 6:18

Cut out a square or a bookmark shape from a piece of paper and divide it into four boxes. Put one of these letters in each square A, C, T, or S.

These stand for different types of prayer:

A – Adoration – something about God that you love him for

C – Confession – something you need to admit to God is not right in your life

T – Thanksgiving – something you want to thank God for in your life

S – Supply – something you want to ask God for, for yourself or someone else

A	C
T	S

At the start of the day write one thing in each box and pause to add to them several times in the day. You can fold it up and take it with you through the day