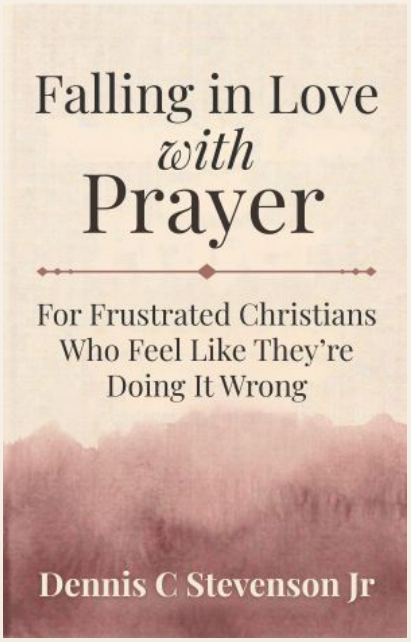
Four Week Guided Prayer Practice

A companion to Falling in Love with Prayer



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A Guided Prayer Practice

When you started this book, you felt frustrated about prayer. You probably felt guilty that you weren't praying enough, or well enough. You felt stuck, trapped in a cycle that produced no joy. But now you've learned six different techniques for prayer. Each one targets a specific challenge you want to overcome.

When your prayer feels distant from God, Prayeraphrase gives you Scripture's own words to bridge that gap. If you've been treating God like a vending machine, worship reorients everything. Confession clears the air honestly. Thanksgiving breaks the heaviness. Deeper requests take your prayers past the surface. And the ACTS framework brings all four movements together into one well-rounded prayer.

Now that you have these tools, it's time to put them to use. Prayer isn't just about what you know — it's about practicing what you've learned. This four-week plan builds your confidence with each technique. By the end of the four weeks, you'll have real-life experience with every method and you'll know which ones work best for you.

God bless you on this journey of prayer and connection.

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Week One

Experiment — try each form of prayer for size

The purpose of your first week is to experiment with the different forms of prayer. Think of this week as a sampler. Try each prayer type with no pressure to do them perfectly. By the end of the week you should start to feel differently about prayer — more excited, with a growing sense of expectation for what you will experience when you go to God.

Day 1 — Worship

Start the first day by spending your prayer time worshipping God. It's only appropriate as you begin this prayer journey that you start by giving glory to God. Ultimately, it will be His power that transforms your life.

Read Isaiah 40:21–26 to get inspired to worship.

Day 2 — Prayeraphrase

Let the word of God direct your prayers today. The first three verses of Psalm 1 describe the man or woman who experiences God's blessing — a fantastic starting point for this prayer journey. Depending on how far you want to go, you can focus on one verse up to all three.

Read Psalm 1:1–3 and pray it back to God.

Day 3 — Confession

Tell God what is true about you. If you need to ask forgiveness for sins, do so. But even if you don't have any notable sins to confess, tell God the truth about you. You're limited and you need Him.

Read 1 John 1:9 as you think about sins you want to confess.

Day 4 — Requests

You don't have to pray about requests every day. But today, focus on the requests you have for God. Pray for common everyday needs and for others. Don't forget to pray for those deeper needs that align you closely with what God wants for you.

Read Galatians 5:22–23 and ask God for the fruit of the Spirit that seems most distant from you today. Read Matthew 7:7–8 for confidence that God hears.

Day 5 — Thanksgiving

Share your gratitude with God. Tell Him what you are thankful for. You might think of answered prayers, God's providence, or even the benefits you have received through the gospel. Lean in to thanksgiving.

Read Psalm 106:1 to help you get into a spirit of gratitude.

Day 6 — ACTS Prayer

For the last four days, you've leaned in to each of the different aspects of the ACTS prayer. Today you'll focus on putting them all together. Since you're doing multiple movements, you don't have to go as deep as the previous days. The goal here is a balanced, well-rounded prayer.

Read Luke 11:1–4 to re-ground yourself in the disciples' prayer.

Day 7 — Prayeraphrase

Return to God's word. Look at Psalm 1:1–3 again. If you only did part of the passage on Day 2, expand and look at the rest of the verses. If you've already prayed all three verses, go back and repeat — it's a different day, so you'll find a different prayer.

Reflecting on the Week

How has this week of prayer differed from the week before? Jot down a few thoughts so you can fully appreciate the difference this week has made.

Week Two

Deepen — go one step further into what works for you

As you enter Week Two, take advantage of what you learned last week. If something connected, do it again and make it more yours. This isn't about praying perfectly — it's about going one step deeper into how each type works best for you.

Day 8 — Worship

Reflect on God for a moment. Think of one of His attributes that you find most amazing. Spend the bulk of your prayer time praising God for that attribute and how it declares His glory.

Read Exodus 15:11 to re-orient yourself on God's majesty.

Day 9 — Prayeraphrase

Often this technique allows you to focus on your own emotional state. Read through Psalm 23 and pick a couple of verses that resonate with how you feel today. Use them to paraphrase your prayer back to God — tell Him how you feel and what you need.

Read Psalm 23 and choose the verses that fit where you are today.

Day 10 — Confession

For this prayer, focus on one area where you need God's power this week. Share the truth about your life that leads to your dependence on God. Ask Him to be sufficient for you in the days to come.

Read Psalm 121:1–2 to remind you of your need for God.

Day 11 — Thanksgiving

Before you pray today, write five specific things for which you are thankful. Pray through each one, expressing your gratitude to God for these gifts in your life.

Read Isaiah 12:4–5 to get you started with thanksgiving.

Day 12 — Requests

Pray for the things that weigh most heavily on your heart this week. Share with God why you're concerned about them and ask Him to work His perfect way with each one.

Read Hebrews 4:16 to build your confidence before you start to pray.

Day 13 — ACTS Framework

Blend all four of the prayer movements into an ACTS prayer. This time, aim for a slightly longer and more developed prayer than you prayed last week.

> *Read Psalm 138:1–2 to find inspiration for praying.*

Day 14 — Free Day

Choose the prayer method that connected most deeply this week. It's your choice to double-down on what felt the best.

> *Read James 1:5 as a reminder of the power of talking to God, or choose a passage that fits the prayer method you selected.*

Reflecting on the Week

What surprised you the most this week? Jot down your answer so you can reflect on it as you go into Week Three.

Week Three

Apply — connect prayer to what is happening in your life right now

As you enter Week Three, focus on connecting your prayer to the events and issues happening right now. This is your opportunity to make prayer a spiritual practice that provides strength and encouragement for the life you actually live.

Day 15 — Worship

Look around you and find evidence of God's glory in something you have experienced in the last 24 hours. Worship God for something He's displayed recently.

Read 2 Timothy 2:13 to remind you of God's faithfulness.

Day 16 — Thanksgiving

Double down on God's goodness by thanking Him for something difficult that He turned into good in your life. Recognize that gratitude isn't only for the calm moments, but for all moments touched by God.

Read 1 Thessalonians 5:18 to remember that God is good all the time.

Day 17 — Confession

Talk to God about a specific relationship where you need His power. Confess what your natural abilities or tendencies lean toward. Ask for His power to change your heart and redeem the situation into something beautiful.

Read 2 Corinthians 12:9–10 to remind yourself of what the power of God can do in your life.

Day 18 — ACTS Framework

Pray through a single situation in your life, applying all four prayer movements to the same scenario.

Read Philippians 1:3–5 to see how the Apostle Paul used prayer.

Day 19 — Prayeraphrase

Use this psalm as a cry out to God for His strength in a situation in your life where you need Him and your own efforts have fallen short.

Read Psalm 63 and pray it back to God.

Day 20 — Requests

Bring your three biggest needs to God. Be specific about what the need is and what you want Him to do. Ask Him for grace to give Him glory if His answer is “no” or “not now.”

Read Ephesians 3:12 as encouragement to ask boldly.

Day 21 — Reflection

Think back on this week of prayer. Tell God what you have liked and what has worked well for you. Ask Him to give you the spiritual discipline to continue to engage Him in meaningful prayer, and give you the grace to communicate deeply with Him.

Read 1 Timothy 1:17 for inspiration as you pray.

Reflecting on the Week

Think about how the experience of prayer is changing. Where are you more comfortable? Where are you still stretching?

Week Four

Own it — make the prayer process yours

You've almost finished the four-week prayer journey. As you come into this last week, it's time to make the prayer process yours. This week you're in control and will decide for yourself how you want to use these prayers to make a meaningful week with God.

Day 22 — Your Choice

Choose the prayer method that felt most natural to you this month. This may be your "go-to" method when you feel most challenged in prayer. Think about what technique you've enjoyed the most and lean in on it.

Read 1 Thessalonians 5:18 to prepare your heart for prayer, or choose a passage that fits the prayer method you selected.

Day 23 — Your Choice

Choose the prayer type that felt the most challenging. Sometimes great blessings come from real difficulties. Don't give up on this prayer method — give it one more try to see if God doesn't bless you for your perseverance.

Read Psalm 34:18 as encouragement that God is with you as you pray, or choose a passage that fits the prayer method you selected.

Day 24 — Prayeraphrase

This time, use any verse from anywhere in the Bible that speaks to you. Use it to shape the way you talk to God.

Read Psalm 40:1–3 as a starter, or choose another passage that speaks to where you are today.

Day 25 — ACTS Framework

This time, don't use any notes. Pray the ACTS framework from memory. If you get stuck, don't worry — just move to the next thing you know. Focus on what's going on in your life this week through all four prayer movements.

Read 1 Timothy 2:1 for Paul's perspective on prayer.

Day 26 — Pray for Someone Else

Use any of the prayer techniques to pray for someone else. You can be creative or very direct. Explore the possibilities with the prayer method that seems most suited to the situation.

Read Romans 12:12 for confidence as you pray.

Day 27 — Combination

Pick any two prayer types and use them together today. It doesn't matter if they seem to fit together or not. The goal is to be creative in the way you pray and blend the unique benefits of two types.

Read Colossians 3:15–17 to settle your heart before you pray.

Day 28 — Worship

Finish where you started. Let worshipping God shape your prayers. What have you learned about Him over the last four weeks? How can you reflect His glory back to Him?

Read Revelation 7:12 as inspiration for your prayer today.

Reflecting on the Week

What did you like the most about this week? This week put most of the control in your hands. Jot down what worked best and what you want to carry forward.

Keep praying, and remember that God loves it when you talk to Him.

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