

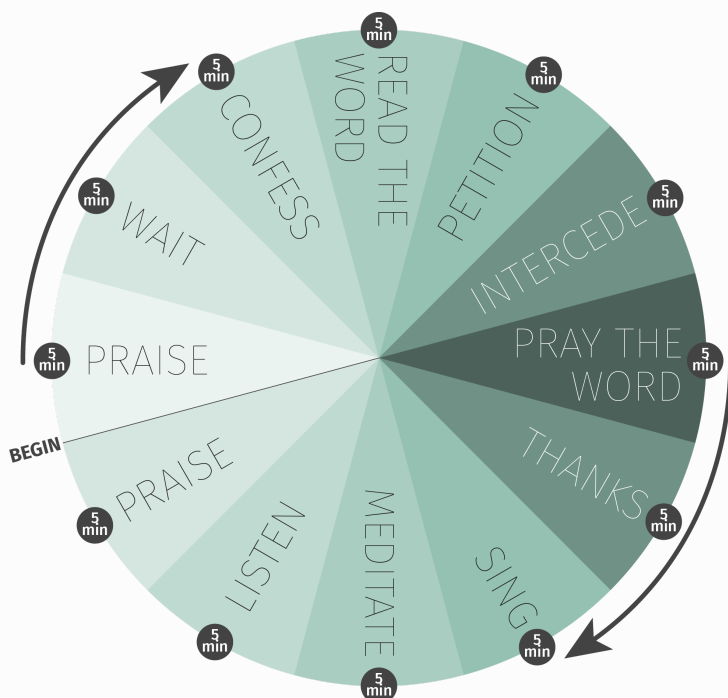
Prayer Cycle

OVERVIEW

Paul encouraged the Thessalonians to **“Pray without ceasing”** (1 Thess. 5.17) and we should strive to do the same. This can seem like a pretty daunting concept though. The *Prayer Cycle* is a simple tool to help guide us in 12 ways to pray. Engaging in each for only 5 minutes can help us exercise our prayer life in a way to work towards ceaseless prayer.

TIPS

- Do not be legalistic. If you can only do 1-2 minutes of a section, just do that and work your way up to 5 minutes.
- Set a 5-minute timer. If you want to continue in that section for longer though, go for it!
- If you get distracted easily, try journaling and writing out your reflections and prayers.
- If you have less than an hour to pray, simply divide up the time. 30 minutes: spend 2.5 minutes on each section.



12 SECTIONS

1. **Praise** — Start your prayer hour by praising the Lord. Praise Him for who He is and His attributes.
2. **Wait** — Use this time to surrender to Jesus and ask the Spirit to lead and guide your time.
3. **Confess** — Ask the Spirit to show you anything in your life that might need confession.
(The heart of sin is unbelief in who God is, resulting in idolatry. Reflect on [the 4 G's](#): Where might you have unbelief?)
4. **Read the Word** — Spend time reading a passage of Scripture. (A Psalm is a good option)
5. **Petition** — Make specific requests for yourself.
6. **Intercede** — Make specific requests on behalf of others. Start with your closest relational circle (i.e. family) and move outward.
7. **Pray the Word** — Use the passage you read earlier as a beginning place to pray.
8. **Thanksgiving** — Give thanks to the Lord for what He has done in and through your life, family, and church.
9. **Sing** — Listen to or sing a song that is on your heart.
10. **Meditate** — Merge everything together that you have prayed, read, and sung; What is the Lord communicating to you?
11. **Listen** — Ask the Spirit to speak to you. Write down what you hear and talk to another believer about it.
12. **Praise** — Praise the Lord for the time you have had to spend with Him and any impressions He has given to you.

