

# WEEK 2 OF RENEW

**Rhythms.** Those things we do regularly, that either help us grow, or stagnate. What are you practicing daily, that elevates your everyday life and improves your spiritual life? Sometimes God can feel so far away, and we have no idea how to connect with Him or even grow in our relationship with Jesus.

Discover some basic spiritual practices that will help us RENEW our hearts, challenge us to trust God, and be more connected to Him, so we can live to our full potential.

## THIS WEEK'S TOPIC: Prayer

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Prayer can feel intimidating, but it's about connection and conversation with God. You don't need to use fancy words – just be yourself.

### WHY DO WE PRAY?

1. To thank God.
2. To ask for forgiveness.
3. To seek help.
4. To make things happen.

Praying changes us and helps us discover who God is. It's about building a relationship with Him through personal experience.

### CREATIVE PRAYER TIPS

#### 1. Prayer Journaling

- **Tip:** Keep a prayer journal where you write down your prayers, thoughts, and reflections. This can help you track your spiritual growth and notice patterns in your prayers.
- **How-to:** Set aside a few minutes each day to write down your prayers and any insights you receive. Review them periodically to see how God has been at work in your life.

#### 2. Prayer Walks

- **Tip:** Take a walk and use the time to pray. This can be particularly effective if you find it difficult to sit still for long periods.
- **How-to:** Choose a route you enjoy, and as you walk, talk to God about what you see, feel, and experience. Let the surroundings inspire your prayers.

### 3. Visual Prayer

- **Tip:** Use images or symbols to represent your prayers and requests. This can help make abstract concepts more tangible.
- **How-to:** Create a vision board with pictures or symbols representing your prayer requests, or use prayer cards with images that inspire your prayers.

### 4. Prayer Art

- **Tip:** Express your prayers through art, such as drawing, painting, or crafting. This can be a way to visualize and internalize your prayers.
- **How-to:** Choose a medium you enjoy and create art that reflects your prayer intentions. Let your creativity flow and use the process as a form of worship.

### 5. Prayer Partners

- **Tip:** Pray with a friend or in a group. Sharing prayer concerns and supporting each other in prayer can strengthen your spiritual connections.
- **How-to:** Set up regular prayer meetings or calls with friends or family. Share your prayer requests and pray for each other's needs.

### 6. The ACTS Model

- **Tip:** Use the ACTS model
- **How-to:** Begin your prayer with adoration of God, follow with confession of sins, express thanksgiving for blessings, and end with supplication for your needs and the needs of others.

#### A - Adoration

Praise God for Who He is.

#### C - Confession

Acknowledge your mistakes and ask for forgiveness.

#### T - Thanksgiving

Express gratitude for God's blessings.

#### S - Supplication

Present your requests and needs to God.

### 7. Breathing Prayers

- **Tip:** Incorporate deep breathing with short, focused prayers to calm your mind and connect with God.
- **How-to:** Inhale slowly while praying a short phrase (e.g., "Lord, fill me with peace"), and exhale while praying another phrase (e.g., "I trust in Your provision").

### 8. Prayer through Music

- **Tip:** Use music or hymns as a way to express and deepen your prayers.
- **How-to:** Listen to worship songs that resonate with you or sing your own prayers to music. Allow the melodies and lyrics to enhance your connection with God.

### 9. Prayer in Nature

- **Tip:** Spend time in nature and use it as a backdrop for prayer. The beauty of creation can inspire awe and reflection.
- **How-to:** Find a quiet spot outdoors, observe the natural surroundings, and use them as a springboard for conversations with God about His creation and your life.

## PRACTICAL TIPS FOR STRENGTHENING PRAYER LIFE

1. **Set a regular time:** Dedicate a specific time each day for prayer.
2. **Create a prayer space:** Find a quiet place to focus on prayer.
3. **Use a journal:** Write down your prayers and track God's answers.
4. **Pray with others:** Join a prayer group or find a prayer partner.
5. **Incorporate Scripture:** Use Bible verses in your prayers.
6. **Be honest:** Speak from your heart without worrying about eloquence.
7. **Listen:** Take time to listen to God's guidance.

## PRACTICAL TIPS AND PRAYERS FOR THE WEEK

- **Morning Prayer:**  
*"Lord, thank You for this new day. Guide my steps and help me to walk in Your will. Amen."*
- **Midday Prayer:**  
*"Father, thank You for Your provision. Give me strength and wisdom for the rest of this day. Amen."*
- **Evening Prayer:**  
*"Lord, thank You for being with me today. Forgive me for any wrongs and help me to rest in Your peace. Amen."*
- **Gratitude Journal:**  
Write down three things you are grateful for each day, then mention them in your prayers.
- **Scripture-based Prayers on Specific Themes:**  
Choose a verse each day as a foundation for your prayer.

## BIBLE PASSAGES

### *Peace and Calm*

**Philippians 4:6-7** "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

**Prayer:** "Lord, I bring my worries to You. Grant me Your peace that surpasses all understanding. Help me to trust You in all situations. Amen."

### *Strength and Courage*

**Isaiah 41:10** "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

**Prayer:** "Father, thank You for being with me. Strengthen me and give me courage to face my challenges. Uphold me with Your righteous hand. Amen."

### *Guidance and Wisdom*

**James 1:5** "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

**Prayer:** "Lord, I ask for Your wisdom in my decisions. Guide me and show me the right path. Thank You for Your generosity. Amen."

### *Healing and Comfort*

**Psalm 147:3** "He heals the brokenhearted and binds up their wounds."

**Prayer:** "Lord, I ask for Your healing touch on my life. Heal my heart and bind my wounds. Comfort me with Your presence. Amen."

### *Provision and Trust*

**Matthew 6:31-33** "So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first His kingdom and His righteousness, and all these things will be given to you as well."

**Prayer:** "Father, I trust You to provide for my needs. Help me to seek Your kingdom first and trust in Your provision. Amen."

### *Forgiveness and Mercy*

**1 John 1:9** "If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness."

**Prayer:** "Lord, I confess my sins to You. Thank You for Your faithfulness and mercy to forgive and purify me. Help me to walk in righteousness. Amen."

### *Love and Compassion*

**1 Corinthians 13:4-7** "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres."

**Prayer:** "Lord, fill my heart with Your love. Help me to be patient, kind, and compassionate. May I reflect Your love in all my relationships. Amen."

### *Hope and Encouragement*

**Romans 15:13** "May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit."

**Prayer:** "God of hope, fill me with Your joy and peace. Help me to trust in You and overflow with hope, by the power of Your Holy Spirit. Amen."

### *Faith and Trust*

**Proverbs 3:5-6** "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight."

**Prayer:** "Lord, I trust You with all my heart. Help me not to rely on my own understanding, but to acknowledge You in all my ways. Make my paths straight. Amen."

Use these scriptures and prayers as a foundation for your own prayers, allowing the Word of God to guide and inspire you in your conversations with Him.