

FIT FAITH

Soul Training for His GLORY!

Prayer as Worshipful Conversation: Developing a prayer life that is exciting and rich.

Prayer is being in the [Presence of God!](#)

Thank you to those who participated in the survey. Results are encouraging:

Clear belief in prayer.

Clear desire to deepen the connection & communication.

Prayerful Goal for this workshop: Tools for those desires to be fulfilled!

VISION!

BELIEVE GOD TO PLEASE GOD!

Created for connection.

Scriptures continually shows God speaking with His own.

He longs for an intimate relationship with each of us.

LOVE LISTENS & CARES.

FIRST THE NATURAL...THEN THE SPIRITUAL

Prayer is supernatural....that takes place in the natural world.

- TIME matters...prayer must be a priority before it becomes continual.
- Thinking about praying IS NOT praying.

LOVE where His glory dwells... and your priority will be time with Him.

KNOWING (head & heart united) His LOVE personally fills you with His presence.

One of my favorite resources for all things prayers is: [PRAYER TODAY](#)

FIRST THE NATURAL...continued

Communication is communication. Same principles that apply to our communication in the natural world apply in the supernatural.

What blocks communication with your friends...children....your spouse?

- Being rushed
- Talking more than listening
- Selfishness
- 'My way or the highway...'
- Dishonesty
- ???

PATTERNS FOR PRAYER

BIBLE!

- Take it personally.
- Truths in every story are timeless.
- Notice the ways God speaks...
 - Shows up at odd times
 - He changes plans and give desires
 - Often misunderstandings...but God still works things out
- Matthew 6:9-13; Luke 1:46-55; ; John 17; Colossians 1:9-14; 2 Chronicles 6
- Psalms (great tutorial on pouring out your heart)

ACROSTICS

P.R.A.Y. (Praise, Repent, Ask, Yield)

A.C.T. (Adore, Confess, Thank)

B.L.E.S.S. (Body, Life, Emotions, Social, Spiritual)

- Help maintain focus
- Provide structure

Topical or Individual

Pray for individuals - by list or by inspiration of the Spirit. When folks pop into mind, consider that it may be the Holy Spirit requesting prayer on their behalf.

and/or

Pray topically

- Character
- Government, Education, Churches, Families...
- Persecuted

Seek God's heart about whatever you bring in prayer...we pray not to tell Him what to do but to know Him more. He speaks to us through the things that have our attention...like the burning bush, His purposes will remain. Seek to know His purposes in all things!

PRAYER JOURNALS

- Photo Journal
- Prayer Requests - Answered Prayers
- Heart conversations
 - Hurts you need insight/healing from the Lord about
 - Heart burdens - God gives them to transform us in the midst of praying for others
 - Responses to your Bible Reading
 - Questions for God
 - Yuck dumping
- Arranged topically, by person or by an acrostic
- Art notebook
- Include inspirational quotes, song lyrics...

P.R.A.Y.

Praise: [Names of God](#) are a great fuel source.

Be aware of WHO He is...awe

Repent: Gift of Tears - soft heart

Be aware of WHO I am...humility

Ask: Whatever we ask in Jesus' name (passion for God's will) is Yes, Amen.

Be aware of HIS will...seek His face.

Yield: Say yes to what God decrees.

Be aware of HIS ways...believe He answers even if evidence seems contrary.

Love where His glory dwells...

- Transparency and Honesty produce Healing in His Presence.
- Use your time in His presence to united your head & your heart in HIM.
- Safe place to be vulnerable. Be honest with God...and yourself.
- Enjoy the beautiful freedom of grace & mercy.
 - You can't give to others what you haven't received for yourself.

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WHERE DO I START?

God always meets us where we are...

Take Nike's advice: JUST DO IT!

- What time in the day can you dedicate to God?
- Start small...5 minutes, 15 minutes...
- Where can you have privacy for that time?
- Choose the tools that you will enjoy using.
- This is YOUR relationship with Jesus Christ. He has been praying for you since before the world was created. JOIN HIM!

Stay in touch

I would love to have your feedback on this workshop. If you would like a copy of this powerpoint, let me know in the survey and provide your email.

[Please complete the survey at this link.](#)

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