

Desiring a conversational relationship with God

Week of Prayer Sun 16 March to Sun 23 March

Starting with our:

Combined Prayer and Communion Night

Sunday 16 March at 5:00pm

at the Life Centre, 23 Stanley St, Peakhurst

Why are we doing this?

Prayer is simply how we communicate and commune with God. It's our relationship with Jesus in action as we seek to be with Him, become more like Him, and live our lives in His Way.

At GRLC, we want to be **known as a people of prayer** and for each of us to **desire a conversational relationship with God**. The goal here is not to pray 'better' or 'more' (though we believe this will happen), it is about deeper union with our King Jesus. As we 'abide and remain in Him' (John 15:4) in prayer, we know we grow our dependence, surrender and obedience to Him.

The Bible, the whole global church, and our experience as a church family is that prayer is powerful. It changes us, it changes our circumstances and it changes the world as we see God's Kingdom come on earth as it is in heaven.

Who can do it and how do I join?

You can do it as an individual, with your partner, with your kids (Sophie says 'yes please!' to this!), with your Small Group etc.

Just use our sign-up form with this QR code to pick your hour slot.

Your prayer hour will be done in your home/location of choice; however, if you want to come to church during 9am-5pm on weekdays, the Life Centre will be open for you.



What could my hour of prayer look like?

There are lots of ways to pray and spend time with Jesus, so please do what you feel will be beneficial for you. This could be going out in nature, going for a walk, using paint and art, journalling, listening to worship music, or finding a quiet distraction-free place to just be still.

We have included a way to break up the hour, including concrete activities/techniques. There are also some tips on what it could look like with kids and young people involved.

What could my hour of prayer look like?

We suggest using the P.R.A.Y framework

P is for PAUSE

Begin by taking some time to just sit in silence and focus on the fact Jesus is with you. It's normal to get distracted and have your brain wander as you try do this, just keep gently bringing your mind back to Jesus.

This is also a great time to bring your honest self to Him. How are you feeling? What is on your mind or concerning you?

Consider using your breath to pray, ie a **Breath Prayer**. As you breathe in, say a name for Jesus, and as you breathe out, say a small prayer. (e.g. "King Jesus, here I am" or "Holy Spirit, Come".)

R is for REJOICE

Take some time to thank Jesus and praise Him. How have you specifically experienced His goodness lately? What can you thank Him for about our church?

This could be when you incorporate some **worship music** or **journal a grateful list**.

A is for ASK

How special we can come to God with our needs and requests and He cares!

Consider breaking up this time by asking God for His **Kingdom to come in these expanding spheres:**

- yourself,
- your family + friends,
- our church,
- our local community and the world.

Take time to listen in this space as well and record anything you hear from God. If you feel comfortable share it in our WhatsApp group, especially anything about our church.

Y is for YES/YIELD

Take some time to finish by saying yes to Jesus, yielding to His ways and His desires for you and our church.

Consider **praying scripture** to do this (Psalm 25 or Psalm 139:23-24 or Philippians 3:7-11). You could also consider using **visual / imaginary prayer** to picture yourself with Jesus and saying yes to Him. What would that look like?

Doing your hour with kids + teens

Just a reminder, that with kids in particular, this hour doesn't have to look like quiet prayer where the only talking is to God. This can be conversational, knowing Jesus is part of our conversation. It also doesn't need to go for the whole hour!

P is for PAUSE

This is likely to go for 5-10 mins

Begin by asking everyone to share how they are feeling now with three feelings words each (e.g. joy, anger, shame, guilt fear, lonely, sad, hurt). Remind your kids/teens that Jesus loves to know how we feel, and the gift of prayer is we can come to Him in any state.

You may now want to imagine together where Jesus is in the room with you and welcome Him to join you.

Take 5 deep breaths together. For the next five breaths, do a **Breath Prayer**. As you breathe in, say "Holy Spirit", and as you breathe out, say, "Come".

R is for REJOICE

This is likely to go for 10-20 mins

Take some time to thank Jesus and praise Him. Have everyone share something they are thankful for in life, and then something they are thankful for about how Jesus is (e.g. kind, close, powerful, forgiving etc)

This could be when you incorporate some **worship songs** to sing/listen to together. You can also give young people the option to do **heart art** during the songs, which is where they draw a picture for Jesus or draw a picture from Jesus.

A is for ASK

This is likely to go for 10-20 mins

How special we can come to God with our needs and requests and He cares! Break up this time by asking God for His **Kingdom to come in these spheres of your life**: yourself, your family + friends, our church, our local community and the world.

We recommend **getting a piece of paper with each of the spheres as a heading** so you can share and write your prayers as you and the kids come up with them. You could also give each member **post-it notes** so they can write down their requests and stick them under the heading.

When you get to the 'our church' one, start by writing how we are joining with our whole church to practice having a more conversational relationship with God.

Finish each sphere or the whole time by listening for what Jesus is saying about each of these things and writing that down.

Y is for YES/YIELD

This is likely to go for 5-10 mins

Take some time to finish by saying "yes" to Jesus, yielding to His ways and His desires for you and our church. Consider **praying scripture** by reading Psalm 25 slowly (just do verses 4-7 if you have young kids) and asking everyone to say a word or phrase that stood out to them and share why.

Close the time by thanking Jesus for being with us and guiding us in the time.