

Guide: How To P.R.A.Y.

Why?

Through the cross, Jesus made a way for us to come directly to Father God in prayer. Our sin once blocked the way (Is. 59:2), but now through Jesus (in Jesus name) we can come boldly to God to find grace and help in our time of need (Heb. 4:14-16). Also, the Holy Spirit is eager to help us in prayer as we yield to him (Rom. 8:2-27). Therefore, when we come to God in prayer we ought to come humbly and with great confidence knowing Jesus made the way, our Father loves us, and His Spirit will help us because HE is eager to respond to our needs and desires.

Scriptural Examples:

Philippians 4:6-7 "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Psalms 46:10 "Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!"

Mark 1:35 "And rising very early in the morning, while it was still dark, [Jesus] departed and went out to a desolate place, and there he prayed."

Inspiring Quotes:

"Our prayers may be awkward. Our attempts may be feeble. But since the power of prayer is in the one who hears it and not in the one who says it, our prayers do make a difference." -- Max Lucado

"Prayer does not change God, but it changes him who prays." - Soren Kierkegaard

"I have been driven many times upon my knees by the overwhelming conviction that I had nowhere else to go. My own wisdom and that of all about me seemed insufficient for that day." - Abraham Lincoln

HOW?

P.R.A.Y. is a simple road map/model to use in prayer that follows 4 simple phases, similar to the Lord's Prayer, and gives opportunity to practice many different forms of prayer. The 4 phases can be remembered using the acronym P.R.A.Y.

P - Pause

R - Rejoice

A - Ask

Y - Yield

There are many ways to practice each section, you can use the words of the Lord's Prayer, or use one of the other suggested practices. Some of the linked practices come from Pete Grieg's website prayercourse.org

1. **Pause** - Begin by slowing down. To start we must stop. Become present in place and time so that your scattered senses can recenter themselves in God's eternal presence.
 - a. **Lord's Prayer:** "Our Father in Heaven..."
 - b. **Scriptures:** Psalm 46:10; Psalm 131:1-2; Is. 41:1; Exodus 14:14; Ps. 62:1,5
 - c. **Practices:** [Breath Prayers](#), [Silence](#), [Praying in Tongues](#), Acknowledge God's Presence
2. **Rejoice** - The most natural and appropriate response to God's Presence is reverence, worship, thanksgiving...rejoicing! Linger here, rejoicing in God's blessings before asking for more.
 - a. **Lord's Prayer:** "Hallowed be your name..."
 - b. **Scriptures:** Phil. 4:4; Matt 5:9; Ps. 2:11; 28:7; 100:4
 - c. **Practices:** Praying a Psalm, [Singing Worship Songs](#), Liturgical Prayer Reading, [Giving Thanks](#), [Declaring the Character and Attributes of God](#)
3. **Ask** - At its simplest, prayer is asking God for help. We are invited to ask God for everything from "daily bread" to "His kingdom come", for ourselves (petition) and for others (intercession).
 - a. **Lord's Prayer:** "Your kingdom come, your will be done on earth as it is in heaven. Give us this day our daily bread. Forgive us our sins as we forgive those who sin against us. Lead us not into temptation, but deliver us from evil."
 - b. **Scriptures:** Luke 11:9-10; James 1:5; Matt. 6:8-13; Ps. 27:4; Rom. 8:26; Phil. 4:6-7
 - c. **Practices:** [Pray God's Word/Promises](#), [Use Prayer List/Points](#), Praying for Personal Needs, Intercession on Behalf of Others
4. **Yield** - To yield is to listen and to surrender to God. To open ourselves up to the conviction, guidance, and revelation of the Holy Spirit, and respond with obedience, confession, meditation, and spiritual warfare.
 - a. **Lord's Prayer:** "Lead us not into temptation, but deliver us from evil. For yours is the kingdom and the power and the glory forever."
 - b. **Scriptures:** James 4:7; Is. 55:2-3; Ps. 23:1-3; John 10:27; 1 Sam. 3:10; John 14:26; 16:13
 - c. **Practices:** Listening to God, [Journaling](#), [Surrender](#), [Confession](#), [Meditation on God's Word](#)