

How Should I Pray? Study Guide by Pastor Freeman
Pray Without Ceasing Series
Fourth of Four Presentations ~ Fall 2022

Overview

Though prayer has always been a central spiritual practice to the life of a Christian, many people feel insecure about their ability to pray. I often hear, “I’m not good at praying,” or “I don’t really understand prayer, so it’s hard to do it.” Today’s session reminds us that there is no “right” way to pray, nor is there an easy way to completely understand prayer. Prayer is about a relationship with God – not another practice in perfection or exercise in intellectualism. Today we will just scratch the surface at the myriad ways to pray. Some of them may be new, some of them may be tried and true. How should we pray? There is no should in the equation, but simply an invitation. Join us as we explore several prayer practices that help us grow in trusting God’s loving and peaceful hopes for us and this world.

Scriptures

[Psalm 139: 1-10, 13-14](#)

[James 5:13-14](#)

[1 Corinthians 10:31](#)

[Matthew 6:5-8](#)

[Matthew 6:25-34](#)

[Matthew 14:23](#)

[Romans 8:26-27](#)

[Philippians 4:6-7](#)

Questions:

1. What are your biggest barriers to establishing a prayer routine?
2. What are your biggest barriers to resting in God’s presence?
3. How can the Mount Olivet community support you in prayer?

Please refer to the PowerPoint pdf for more information about these suggested prayer techniques and ideas:

- Fixed Prayer Times
- Lectio Divina
- Examen
- Centering/Breath/Anchor/Yahwah Prayer
- Yahweh Prayer
- Five Senses Prayer
- Journaling
- ACTS: Adoration, Confession, Thanksgiving, Supplication
- Five Finger Prayer
- Open Hands Prayer

Sending Prayer:

*God, who is more than we can ever comprehend,
help us to seek You, and You alone.
Help us to stand before all that we could do
and seek what You would do, and do that.
Lift from us our need to achieve all that we can be
and instead, surrender to what You can be in us.
Give us ways to refrain from the busyness
that will put us on edge and off center.
Give us today your peace. Amen.
-Author Unknown*