

SPEND TIME IN PRAYER INDIVIDUAL INSTRUCTIONS

Lessons 1-6

To move through each prayer time, we suggest that you print off a copy of this document as well as the Spend Time in Prayer PDF for each lesson that requires one. Or, have both documents open on your laptop or other device.

The pronouns for most of the prayer times are plural for small groups. Please feel free to adjust to more personal pronouns for your times of prayer as an individual.

Lesson 1

Praying through the Hebrew Names of God

- To help His people know who He really is, God reveals Himself to us through His many names in the Bible. In fact, it is often through the names of God in the Bible that we learn to understand Him better.

Knowing His names draws us into a closer relationship with Him, enabling a bond that is filled with intimacy, trust and understanding.

Take time to pray a few of the many names of God. As you do so, remember how important names are and that God gives each name for a specific purpose. Fill in the blanks silently or out loud. The written prayers are here to help guide you. They do not need to be the only prayers you pray. Allow the Holy Spirit to lead.

Lesson 2

You Are God's House

- **No special instructions needed.**

Lesson 3

Listening Prayer - Audio

- This prayer time will be completely led by an audio recording. The link can be found under **Spend Time in Prayer for Lesson 3.**

- The two scriptures in the reading are:

John 8:28

So Jesus said, "When you have lifted up the Son of Man, then you will know that I am he and that I do nothing on my own but speak just what the Father has taught me."

John 5:19

Jesus gave them this answer: "Very truly I tell you, the Son can do nothing by himself; he can do only what he sees his Father doing, because whatever the Father does the Son also does."

- The length of the prayer time is approximately 8 ½ minutes.
- You may wish to have a journal or piece of paper and something to write with in case you sense the Holy Spirit speaking to you during this time.
- There will be several lengthy pauses in the midst of the audio recording to allow you to listen and reflect.
- *The audio recording will end with this instruction, which is geared towards a small group: "Take some time now to share your experience with one other person, or as a group. Share what this experience of listening prayer and the word of God was like for you."

As an individual, take some time to reflect on what this experience of listening prayer was like for you. You may wish to journal your experience.

- Give God thanks for this experience and share your heart with Him.

Lesson 4

Praying God's Kingdom and Not My Own

- Think of the cycle of prayer that moves what is on God's heart for His kingdom to the realm of the Spirit, who brings God's desire to you, the Believer. Allow God's desires to become your own as you bring these prayers to the Father through Jesus, our Intercessor.
- Read each Scripture and either pray the prayer that is written for you or allow it to inform or jumpstart your own prayer.
- Pause about 5 – 10 seconds (Selah) between each reading/prayer to allow what has been prayed to sink into your heart.

Lesson 5

Standing in the Gap

- Spend a few minutes asking God to show you a person, a situation, or even a group of people who need you to stand in the gap on their behalf.
- Ask God to show you where or why the wall is broken down in someone's life or in this situation (if you don't know already).

- Ask God to give you a burden to accept His assignment to stand in the gap for whoever or whatever He shows you.
- Write down where you sense God could be calling you to stand in the gap. Perhaps God may even have given you a picture in your mind related to this prayer assignment. Draw it if you wish.
- Again, sit quietly with God and ask Him to show you if there is anything He wants you to do along with your prayer assignment. Picture yourself physically standing in the gap on behalf of the person or situation He has just shown you. Sometimes He shows us how to be the answer to the prayers we pray. Is there some way He is showing you how to build up a broken down wall or to actively stand in the gap? Don't be concerned if God doesn't reveal anything more to you than to continue to stand in the gap in prayer.

Lesson 6

Prayers to Focus on God's Glory – Declarative Prayer!

- **No special instructions needed**