



## *Prayer – Unique Individuals and Families Communicating With God*

**From the Pastoral Team**

As we continue our reflections on the Rule of Life, it seems appropriate to follow up our focus on living in relationship with Jesus and under His Lordship with some articles on personal and family prayer. Prayer is one of the primary disciplines of the spiritual life and key in helping us stay rooted in truth and love. We thought it prudent, as we begin some specific reflections on personal and family prayer, that we put these articles in an individualized context.

Each of us is unique, and we can only pray as we are and in the circumstances we find ourselves. If we take the various methods of prayer as law, we lay a burden on ourselves and on our relationship with Jesus.

A young mother with three young children will usually not be able to maintain the same kind of prayer schedule that a widow or a cloistered nun can maintain.

Family prayer will be very different for a couple with one small child from a family with seven children between the ages of two and fifteen.

A man, who must drive 45 minutes to be at work at 7 a.m., will need

a different prayer method and schedule than a man whose workday begins near home at 9 a.m. How we pray and where we pray and how long we pray should be uniquely suited to our life circumstances.

God does expect us to pray, and He does expect us to stretch ourselves, but He does not expect us to be someone other than who we are. A successful prayer life and prayer time will take into account our age, our state in life and our life circumstances. Prayer should be a blessing and a joy, never a burden. This does not mean that each and every prayer time will feel delightful.

A prayer life requires perseverance. Feelings come and go with any prayer style, but we don't need to add to prayer's difficulty by adopting methods and schedules that are inconsistent with our life. The man with the long commute may need to incorporate his driving time into his prayer time. The mother of a young baby may need to use feeding time in the middle of the night as prayer time. A widow who is also retired may practice meditative prayer for two

hours a day, while a working mother of three may only have 30 minutes for quiet prayer and may need to supplement that with practicing the presence of God in her work place. Each of us is unique, and we should feel free to individualize our prayer lives to fit our unique life circumstances.

When it comes to family prayer, the enemy of the good is the perfect. We don't know of anyone who has a perfect record when it comes to family prayer. Good family prayer is prayer that actually happens. It doesn't have to be long, or formal, or consistently enthusiastic. We know of one family who prays on the way to school, and another that teaches their children to begin their day by saying good morning to Jesus before they get out of bed. A child's first form of spiritual warfare may be as simple as, "Shoo devil, in the name of Jesus!"

Two seemingly opposite things can help us with family prayer. The first is administration. We can have materials, music, and a plan in place so that prayers don't drag. We know

# Communicating With God

(Continued from page 1 - COMMUNICATING)

of one family who laminated a group of prayers, and each day every family member picked one to pray. This family's testimony is that their adult children still remember and quote those prayers.

The second is creativity. The primary role of the father and mother is to create life, and they can do this by setting a spiritual environment in the home through such things as family prayer, Lord's Day meals, father's teaching, Christian music, etc.

Prayer can be fun. One family had the children develop skits on the daily readings. Another made a prayer treasure hunt where the children went to various locations using a prayer map to pray specific prayers in those locations. Family prayer can be an excellent place in our ecumenical life to pass on prayers and songs from our individual churches. Family prayer is important, and administration and creativity can help it actually happen and bear fruit.

In the next few weeks, there will be more articles on prayer. Some of them will testify to methods that have worked for individual people and for families. Read them and reflect.

1. Is there something in this article for me?
2. How is God asking me to grow in prayer?
3. Am I creating life in my family through prayer and other disciplines?

You are unique, and it is you who goes into the holy of holies to be with Jesus. People of Alleluia, let's pray!!! Families of Alleluia, let's pray!!!

The Pastoral Team develops the monthly teaching themes to aid community members in living out their call to growth in holiness in covenant, charismatic, Christian and multi-denominational community.

# Outlines for Daily Prayer

By Dan Almeter

The following prayer outline was developed by Bob Garrett for use in his personal prayer time. He taught this outline to a group of Community pastoral leaders at a meeting in South Bend, Indiana, in September, 1984, during a time when I was struggling with having a meaningful personal prayer time. This outline became my own lifeline to God.

There is a tremendous amount to commend in this prayer outline approach. Just learning to start my

prayer time conversing with each member of the Trinity was a real breakthrough and remains the main focus of my personal prayer time today.

Bill Beatty has also developed a very useful prayer outline which I recommend as well. As we focus on Rule #1—having a personal prayer time—I recommend using either Bob's or Bill's outline to help us make progress in coming into a deeper relationship with the Lord.

## Outline for Daily Prayer – Bob Garrett

- I) KNOWING GOD – CONVERSATION & PRAYER
  - 1) With the Father
  - 2) With the Son
  - 3) With the Spirit
- II) A. THANKSGIVINGS, PRAYERS, AND SPECIAL INTENTIONS
  - 1) For Salvation
  - 2) For the Holy Spirit in:
    - The Community — My Church — Christian Fellowship
  - 3) For the whole ARMOR of God
    - a) Gird your loins with Truth
    - b) Put on the Breastplate of Righteousness
    - c) Pick up the Shield of Faith
    - d) Put on the Helmet of Salvation
    - e) Pick up the Sword of the Spirit
    - f) Put on the Shoes of the Gospel
  - 4) For Spiritual Gifts Given
  - 5) For Opportunities to Serve
  - 6) For areas of Victory
  - 7) For Blessings Received
- B. PRAYERS FOR GROWTH
  - 1) For the Mind of Christ
  - 2) For WISDOM and UNDERSTANDING
  - 3) For GROWTH in Holiness and Righteousness
  - 4) For a Fruitful Life (Galatians 5)
    - a) Love
    - b) Joy
    - c) Peace
    - d) Patience
    - e) Kindness – "considerate, helpful"
    - f) Goodness – "virtuous, benevolent"
    - g) Faithfulness
    - h) Gentleness
    - i) Self-control

- 5) For Zeal in reading & studying God's Word
- 6) For development of a GODLY Character
- 7) For Spiritual Gifts & Motivations

#### C. AREAS OF WEAKNESS—BONDAGE AND NEED

- 1) Deliverance
  - a) Keeping what I have received
  - b) Areas where I need deliverance or ministry
- 2) Character
  - a) Areas of Weakness -needing strengthening
  - b) Areas of Malformation -needing Change or Ministry
- 3) Specific needs of any kind

#### D. MISSION and DIRECTION

- 1) For existing SERVICE & MINISTRY areas
- 2) For PRIORITIES

#### III) FAMILY — THANKSGIVINGS — INTERCESSION & PRAYERS

- 1) For immediate Family Members
  - a) Spouse/Parents
  - b) Children
  - c) Brothers & Sisters
- 2) SPECIAL FRIENDS AND INTENTIONS
  - a) Personal Head & Pastors
  - b) Boss - Work Head
  - c) Personal Friends
- 3) FOR MY SUPPORT GROUP

#### IV) CHURCH & COMMUNITY — THANKSGIVING, INTERCESSION, & PRAYER

- 1) For Pastors, Coordinators, Elders, and other Leaders
- 2) For the Body of Christ – Church, Community, Fellowship, etc.
  - a) Service teams, Councils, Committees, Boards
  - b) Outreach — Local, Missionary, etc.
  - c) UNITY in the Body of Christ
  - d) Special Intentions

#### V) INTERCESSIONS — GENERAL AND SPECIAL

- 1) For the LOCAL, STATE and NATIONAL Political Situations
- 2) For PEACE in the world — especially in (insert area)
- 3) Special Prayer Needs
  - a) Personal
  - b) Friends
  - c) Relatives

## A Good Prayer Method – Bill Beatty

Here is the most helpful prayer method that I have found. It takes from 20-30 minutes, and uses five forms of prayer in sixteen steps, each one of which requires a minute or two:

First, dress comfortably. Choose a position that helps you: standing, kneeling or sitting. Change your position as often as it is helpful.

1. Remember that you are in God's presence with all His saints and angels glorifying Him. Remember that there are millions around the world who are in prayer as you are.
2. Thank God for bringing you to this moment and for all the good He has done to you.
3. Briefly consider your faults. Resolve to be reconciled with others.
4. Ask the Holy Spirit to fall upon you.
5. Praise God.
6. Ask God if there is anything He wants to talk to you about.
7. Sing a spiritual song.
8. Call to mind the good things God has done.
9. Thank God.
10. Listen to the Lord. Ask Him to speak to you.
11. Turn to a Scripture.
12. Thank God for what He has revealed to you.
13. Pray for others and for your needs.
14. Thank God for having heard your prayer.
15. Turn to another passage in Scripture or ask the Lord to call one to your mind. Ask the Lord to speak clearly.
16. Say the Lord's Prayer.



## Are We Praying Enough?

A word Chuck Hornsby shared at the October 16th Prayer Meeting:

*"Will you be open again to the surprise of My Spirit? In the past, I have moved radically in your lives and You have responded to my Spirit, but you have tamed.*

*Are you ready again to be the point of the sword that pierced the beast?*

*Are you ready again to be a light on the mountain?*

*Are you ready again to be the restorer of ruined homes?*

*I wish to move among you again – through you again.*

*Be prepared again to be open to the power of my Spirit.*

*Again, Again, Again!"*

A word Mike Firmin received years ago and shared at the October 16 Prayer Meeting:

*"Until you fall into bed at night exhausted from praying, you haven't prayed enough."*

Jerry Germann shared at the same Prayer Meeting:

*"...The Lord says there are many sinners who are in need of our prayers. They are going towards the gates of hell.*

*Scripture says, 'I have sent you to be a light to the gentiles... unto the ends of the earth.'"*



## Upcoming Events

Full Covenant Retreat  
Saturday, October 25, 2014

All Saints Celebration  
Friday, October 31, 2014

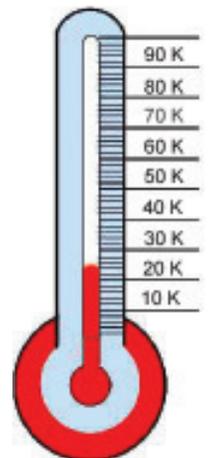
2nd Annual  
Alleluia Community Fall Fare  
Saturday, November 15, 2014



## Remember the Goal

The thermometer depicted shows where we are financially in our attempt to air condition the gym. So far we have approximately \$25,000 in donations. We calculate that we will need \$85,000 to provide good air conditioning. This thermometer will appear weekly until we reach our goal.

\$\$\$ for Gym Air Conditioning



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