

## Family Devotionals, Vol 2



*Don't worry about anything; instead, pray about everything.  
Tell God what you need, and thank him for all  
He has done. Philippians 4:6*

### WHY PRAYER?

Prayer is the essential means God has given us to draw close to Him. Focus on the Family has listed a few good reasons for prayer:

1. God's Word calls us to pray.
2. Jesus prayed regularly.
3. Prayer is how we communicate with God.
4. Prayer allows us to participate in God's works.
5. Prayer gives us power over evil.
6. Prayer is always available.
7. Prayer keeps us humble before God.
8. Prayer grants us the privilege of experiencing God.
9. Answered prayer is a potential witness.
10. Prayer strengthens the bonds between believers.
11. Prayer can succeed where other means have failed.
12. Prayer fulfills emotional needs.

# I S.O.A.P. METHOD

## HOW?

You can pray through each section in a variety of ways, depending on the unique design God has given your family, whether single, empty nest or full house.

**Length:** 5-10 minutes

**Location:** Home, car, outside, etc.

**When:** As often as you can, whether it's during breakfast or supper or travelling or at bedtime, etc. If you miss a day, don't give up, keep going! You should do the first three prayer sections in order, but then feel free to pick the prayer structure you would like for that day (no need to go in the order listed), but do try all of them. You may want to spend a few days on one particular one before moving to the next prayer section.

## ENCOURAGE!

Share your stories of God's blessings through prayer with your friends, family and those you are in contact with daily. They will be blessed when you let your light shine!

*"Therefore encourage one another and build each other up, just as in fact you are doing." 1 Thess 5:11*

## Read SCRIPTURE

*"Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus."*

*1 Thessalonians 5:16-18*

## Make an OBSERVATION

Make an observation in your own life. How often do you pray on a scale of 1 (never praying) to 10 (never stop praying)? What is your level of anxiety or stress or joyfulness? Do they correlate?

## APPLY

Think about what number you would like your prayer life to be. What can you do today to help you start to increase your number to where you want it to be? Write down your thoughts.

## PRAY

Pray to God and ask Him to draw near to you as you embark on a more consistent prayer life.

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## 2 GRATEFUL PRAYER

*“Be still and know that I am God.”  
Psalm 46:10*

When you meet as a family or an individual, have each one present make a list of everything that they are grateful for.

Take time to thank God for each item on the list.

When you go to bed tonight, before falling asleep, review your list. Thank God again and ask Him to bring you peace and thankfulness while you are sleeping.

Wake up truly grateful for the things God has done for you.

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## 3 S.O.A.P. METHOD

### Read SCRIPTURE

*“Then they entered into a covenant to seek the Lord, the God of their ancestors, with all their heart and soul.*

*They shouted out their oath of loyalty to the Lord with trumpets blaring and rams’ horns sounding.*

*All in Judah were happy about this covenant for they had entered into it with all their heart. They earnestly sought after God, and they found Him. And the Lord gave them rest from their enemies on every side.” 2 Chronicles 15:12, 14-15*

### Make an OBSERVATION

What happens when people earnestly seek God?  
What else stands out to you about these verses?

### APPLY

Will you celebrate your commitment to seek God earnestly? How will you do this? What can you do today and tomorrow to celebrate this special day?

(next page)

## PRAY

You can use this sample prayer to get you going, or you can make one of your own.

*Father God,  
I can get so preoccupied with my own urgencies and with seeking solutions and remedies from your hand. My daily needs can sometimes overwhelm me. Help me to change my focus. Help me to seek Your face and to look to You for strength to walk where I need to walk. Help me to seek to know You better.*

*Give me a thankful heart for the blessings I have received from Your hand. Give me a heart filled with praise for what I see in Your face;  
Your trustworthiness; Your peace, Your joy, Your strength, Your grace and Your loving kindness.*

*Teach me to look to Your face first, to always seek You...before I simply seek things from You. Thank You for Your loving patience with me.  
I ask this in Jesus' strong name, Amen.*

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## 4 WORSHIP PRAYER

*Father God, just for today  
Help me walk Your narrow way.  
Help me stand when I might fall.  
Lend me the strength you hear Your call.*

*May my steps be worship  
May my thoughts be praise.  
May my words bring honour to Your name.  
(Repeat)*

*Here I am, just for today  
Live in me, have Your way.  
For my desire, when this race is run  
Is only to hear You say "Well done."*



Have a personal, quiet time of meditation and reflection.

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## 5 CONFESSIONAL PRAYER

Depending on who you are with and your comfort level, take time to share 1 or 2 things you struggle with. Listen to their struggles and then take time to pray for one another.



If you are alone, spend some time reflecting / journaling on ways in which you struggle. Ask the Holy Spirit to show you anything in your life which might be displeasing to Him. Ask Him to point out attitudes that are wrong, as well as specific acts for which you have not yet made a prayer of confession.



*“But if we confess our sins to Him, He is faithful and just to forgive us our sins and to cleanse us from all wickedness.” 1 John 1:9*

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## 6 IMAGING PRAYER

This is a different way to pray, but an effective one nonetheless. You may want to read the scripture, then the “directions” and read the scripture again until you comfortable praying this way. Use this method with other scriptures of your own choosing.



### *Jesus Blesses the Children*

*“One day some parents brought their children to Jesus so he could lay his hands on them and pray for them. But the disciples scolded the parents for bothering him.*

*But Jesus said, “Let the children come to me. Don’t stop them! For the Kingdom of Heaven belongs to those who are like these children.” And he placed his hands on their heads and blessed them before he left.” Matthew 19:13-15*



Read through the scripture and then close your eyes and picture the scene. Imagine that you are one of the people in this scene. Maybe a child, maybe a parent, maybe a disciple. Imagine the whole scene in detail, what is the weather like, what sounds do you hear, what are you focusing on?

Does Jesus speak to you? What do you say to Him? What does He say to you? Stay in the scene for a little while after everyone else has left and reflect on the goodness and generosity of Jesus.

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## 7 PRAYER OF PETITION

Quickly recap the previous prayer time. Think of yourself as a little child who needs his / her Father's help.

What personal things are you struggling with that you need to bring before God? Your job? Your marriage? Children? Relationships? Busyness? Health?

Take your concerns and your cares to God and ask for His help and for His peace.

Write down the concerns you had and come back to them in a couple of weeks. See if things are different.

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## 8 PRAYER OF INTERCESSION

*“Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.” Ephesians 6:18*

Pray for those you know who are sick.

You likely have a personal list, but there is also a list available from the church of those who need our prayers.

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## 9 PRAYER OF INTERCESSION

*“Brothers, pray for us.”  
1 Thessalonians 5:25*

Pray for the missionaries that we support and others that you may know of:

National:

**Lloydminster Church of Christ,**  
Lee Patmore, Lloydminster, AB  
**Gentle Road Church of Christ**  
Kevin Vance, Regina, SK  
**Northern Hills Church of Christ**  
Peter Roberts, Calgary, AB

International:

**Honduras**  
Pradzynski/Steiner  
**Ukraine**  
Jay Don & Mary Lee Rogers  
**Zambia Mission Fund Canada**  
Zambia, Africa  
**Zimbabwe, Africa**  
Velphi and Stella Mlangeni

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## 10 PRAYER OF INTERCESSION

*“I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity.” 1 Timothy 2:1-2*

Take time to pray for the leaders of our government and for other countries around the world. There is always turmoil in the world and many things that concern us. Bring them before God – the King of all Kings!

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## 11 PRAYER OF INTERCESSION

*“So we have not stopped praying for you since we first heard about you. We ask God to give you complete knowledge of His will and to give you spiritual wisdom and understanding.” Colossians 1:9*

Pray for the Elders, Staff and Ministry Leaders of our church. Pray that they will be filled with the Spirit, with enthusiasm and with God’s purpose.

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## 12 CREATION PRAYER

*\*\*This prayer may be best saved for a Saturday or Sunday, and you’ll need to think about where you will walk; there are lots of beautiful spots in the city or just out of the city. Put some priority on this prayer without making it too cumbersome to actually follow through.*

Go for a walk with a copy of Genesis Chapter One with you, either on your phone, or a piece of paper in your pocket.

When appropriate, on your walk, stop and read a part of the account of creation. Thank God for all the things that He has made.

Day One – Light

Day Two – Skies and waters

Day Three – Plants

Day Four – Sun, moon and stars

Day Five – Bird and fish

Day Six – Animals

Day Six – Man

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## 13 SCRIPTURE PRAYER

*Psalm 19:7-11*

*“The law of the Lord is perfect, reviving the soul;  
The testimony of the Lord is sure, making wise the simple;  
The precepts of the Lord are right, rejoicing the heart;  
The commandment of the Lord is pure, enlightening the eyes;  
The fear of the Lord is clean, enduring forever;  
The rules of the Lord are true, and righteous altogether.  
More to be desired are they than gold, even much fine gold;  
Sweeter also than honey and drippings of the honeycomb.  
Moreover, by them is your servant warned;  
In keeping them there is great reward.”*



Sing a prayer or read a prayer. There are wonderful praying Psalms in the Bible.

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## 14 REFLECTION

*“Search for the LORD and for his strength; continually seek him.”*

*Psalm 105:4*



How are you doing with, “Never stop praying.”? Is it getting easier? Have you been able to increase your prayer times?

Have you found a way to pray that you enjoy the best? What are some of the blessings you’ve noticed from praying? Make a list, here, of those blessings.

Thank God for the encouragement you’ve found to keep your covenant to always seek His face.

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## 15 LISTENING PRAYER

*“Listen to me; listen, and pay close attention.”*

*Isaiah 28:23*

*“Call to me and I will answer you and tell you great  
and unsearchable things you do not know.”*

*Jeremiah 33:3*



Take a few minutes to empty your heart to God and clear your mind. If something is troubling you or you're looking to make a decision, be quiet and still and listen to how God will bring together the Word you have read lately, the songs you have sung, the things you have prayed, and listen for Him speaking to you.

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## 16 WAITING PRAYER

*“Lead me in Your truth and teach me,  
For You are the God of my salvation;  
For You I wait all the day.”*

*Psalm 25:5*

*“Wait patiently for the Lord.  
Be brave and courageous.*

*Yes, wait patiently for the Lord.”*

*Psalm 27:14*



With a clear mind, let God pull together reflections for you.

The listening and waiting prayer will take more than 5 minutes and can't be done well while doing anything else. It's best to be in a comfortable place with no distractions. Make sure you plan your schedule to accommodate a more lengthy time with God for this.

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## 17 PRAY THE WORD

"When you pray the Bible, you will understand how God views you and how He views others. In a culture distorted by negative media images, we all need to be founded on what God thinks of us. David's self-image came through prayer. He saw himself as God's anointed, as the apple of God's eye. David knew that God loved him, and that he was favored when the wicked were not. Therefore, we need to pray the Bible until we receive the same attitude that David did." *Debbie Przybylski*

Pick one of the Psalms and pray through it.



*Psalm 84:10-12*

*Better is one day in your courts than a thousand elsewhere; I would rather be a doorkeeper in the house of my God than dwell in the tents of the wicked. For the Lord God is a sun and shield; the Lord bestows favor and honor; no good thing does he withhold from those whose walk is blameless. Lord Almighty, blessed is the one who trusts in you.*

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## 18 REFLECTION

*“Oh my Lord, You are my shepherd and I shall not want  
Oh my Lord, beside still waters You repair my heart  
I trust in You, oh I trust in You  
Even though I walk through the valley of death  
You restore my soul and You give me rest  
**All the memories of Your faithfulness**  
You restore my soul and You give me rest  
You restore my soul and You give me rest  
You give me rest  
Oh my Lord, You prepare a table for You and me  
Oh my Lord, in the middle of a fight with my enemies  
I trust in You, Oh I trust in You*

*I will fear no evil for You're here with me  
Your goodness and Your love, they will never leave  
Just a closer walk with Thee, just a closer walk “*

*Rest by Matt Maher*



Think back on the last couple of weeks (or more) of praying. What prayers has God answered? How has He shown He is faithful to your requests? Listen to *Rest by Matt Maher* and give thanks to God for being with you.

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## 19 CHOOSE YOUR OWN PRAYER

What has been your favorite way to pray over the last while? There may be one way you use more often, but another that gives you more piece. Carve out time today to pray in a way that refreshes your soul and draws you close to God.

*“Draw me close to You  
Never let me go  
I lay it all down again  
To hear You say that I’m Your friend  
  
You are my desire  
And no one else will do  
’Cause nothing else can take Your place  
To feel the warmth of Your embrace  
  
Help me find a way  
Bring me back to You  
You’re all I want  
You’re all I’ve ever needed  
You’re all I want  
Help me know You are near”  
Draw Me Close by Donnie McClurkin*

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## 20 SPEND AN HOUR WITH GOD IN PRAYER

All of these 5 minute prayer times, put together give you an easy template for spending an hour with God in prayer.

This may be a regular occurrence for you or you may have thought it impossible, but now you have the tools to spend an hour (or more) with God in prayer. This is a blessing for the rest of your life.



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## 21 PRAYER WALK

*“Never stop praying.”  
1 Thessalonians 5:17*

Take your family or go alone on a prayer walk in your neighbourhood or near our church. in Marlborough.

A prayer walk helps you to focus on things with God’s vision; things that you otherwise may not notice. It may help you bring your neighbours closer to your heart and to reach out to them with a kind act.

Definitely make notes after your walk so that those thoughts God brought to your heart won’t soon be forgotten.

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## 22 PRAY OVER YOUR DAY

Get ready...set...go!

Your best start to your day is in the Word of God! Take one a day for a month—repeating the scriptures bimonthly and make them your morning prayers. You will find yourself living above the troubles of the day because God’s Word will sustain you. (Full set of “15 Scriptures To Start Your Day” can be found at the Connection Centre.)

**Psalm 118:24** “This is the day that the Lord has made; let us rejoice and be glad in it”

**Proverbs 3:5** “Trust in the Lord with all your heart, and do not lean on your own understanding”

**Psalm 28:7** “The Lord is my strength and my shield; in him my heart trusts”

**Numbers 6:24-25** “The Lord bless you and keep you; the Lord make his face to shine upon you and be gracious to you”

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## 23 GOALS AND PRAYER

### [How to set and reach Godly goals](#)

*“Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus..”*

*Phil 3:13-14*

*“For the word of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.”*

*1 Corinthians 1:18*

The website linked above and listed below is a great inspiration for setting Godly goals in the areas of relationships, health and stewardship. It is well worth the read as you look toward setting Godly goals for yourself and partnering with our powerful God to achieve those goals.

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[http://www.christiangrowthnetwork.com/prayer\\_goals.html](http://www.christiangrowthnetwork.com/prayer_goals.html)

## 24 MINISTRY PRAYERS

*“In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven”*

*Matthew 5:16*

Pray for the specific ministries you are engaged in in your life, but also pray for those going on at the church. A few examples:

All year – Feeding the Homeless  
All year - FriendSpeak  
All year – Teen events and activities  
School year - Brown Bag Lunches  
School year – Ladies Knitting and Social Group  
School year – Life Groups  
School year – Moms and Tots  
School year – Sunday School Classes  
Spring – Baseball  
Spring – Clothing Exchange  
Summer – Family Camp  
Fall – Men’s Retreat  
July – VBS and Summer Camps  
May – Ladies Retreat

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## 25 S.O.A.P.

### Read SCRIPTURE

*“So that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God.”*

*Ephesians 3:17-19*

### Make an OBSERVATION

Make an observation in your own life regarding this verse.

### APPLY

What do you think you need to do about this verse?

### PRAY

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## 26 S.O.A.P.

### Read SCRIPTURE

*“But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit.”*

*2 Corinthians 3:18*

### Make an OBSERVATION

Make an observation in your own life regarding this verse.

### APPLY

What do you think you need to do about this verse?

### PRAY

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## 27 CHOOSE YOUR OWN PRAYER

What has been your favorite way to pray over the last while? There may be one way you use more often, but another that gives you more piece. Carve out time today to pray in a way that refreshes your soul and draws you close to God.

*"Draw Near"*

*Draw near to me  
For I have drawn near to You  
Pull on the strings of my heart  
For I long to respond to You*

*All my love is for You, all my love is Yours  
I have made a place for You here  
All things are possible here*

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## 28 REFLECTION PRAYER

*“There are days I've taken more than I can give  
And there are choices that I made, That I wouldn't make again  
I've had my share of laughter, Of tears and troubled times  
This is has been the story of my life*

*I have won and I have lost, I got it right sometimes  
But sometimes I did not, Life's been a journey  
I've seen joy, I've seen regret  
Oh and You have been my God  
Through all of it*

*You were there when it all came down on me  
And I was blinded by my fear, And I struggled to believe  
But in those unclear moments, You were the one keeping me strong  
This is how my story's always gone*

*And this is who You are, More constant than the stars up in the sky  
All these years of our lives, I, I look back and I see You  
Right now I still do, And I'm always going to.”  
Through All of It- Colton Dixon*



Think back on the last couple of weeks (or more) of praying. What prayers has God answered? How has He shown He is faithful to your requests? Listen to this song by Colton Dixon and give thanks to God for being with you.

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# 29 SPEND AN HOUR IN PRAYER

All of these 5 minute prayer times, put together give you an easy template for spending an hour with God in prayer.

Hopefully you are encouraged to continue a full, consistent prayer life, drawing near to God, gaining strength to do His kingdom work, as we all eagerly await his return



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