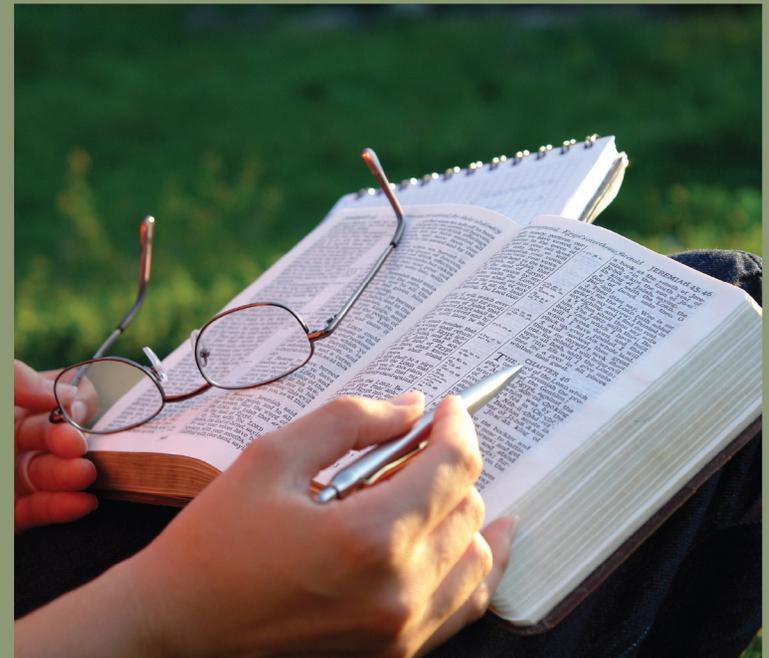


# BUILDING A LIFE OF PRAYER



**PrayerPower**  
Helping God's people learn to pray.

P.O. Box 801368  
Dallas, TX 75380-1368  
1-800-949-PRAY  
[www.learntoprayer.org](http://www.learntoprayer.org)

**PrayerPower**  
Helping God's people learn to pray.

## How to Use This Journal

This prayer journal can help you sharpen your ability to hear God’s voice and apply what you hear.

This journaling method is effective and efficient, ideal for busy people with limited time. The format encourages you to write only a few words, and the questions help ensure that what you write will be more focused. Your brief entries will be easy to scan and review—especially helpful when you are

seeking God’s will and direction. (See page 58 for ways to continue this journaling method on your own.)

Begin each devotional message with a quick prayer: “Father, help me to hear what You have for me today.” You’ll discover how clearly God will speak when you listen with your heart and desire to respond. Here is a sample of how you might respond to one of the devotional messages:

---

### Sample Journal Page

**Scripture or quote:** *This journal includes a verse from the Bible as the heart of each devotional message, such as the one here:*

“...the sheep listen to his [the shepherd’s] voice. ...his sheep follow him because they know his voice.” (John 10:3b, 4b, ESV)

Date: (today’s date)

What do I sense God is saying to me?

He is my Shepherd, and He wants me to hear and recognize His voice.

My prayer response—

Please help me to know when my thoughts and impressions are from You.

My impression of what God wants me to do—

Trust Him to help me know when He is speaking to my heart, especially as I read the Bible.

## Building a Life of Prayer

### Table of Contents

#### Introduction:

|                         |        |
|-------------------------|--------|
| As You Begin            | Page 2 |
| How to Use This Journal | Page 3 |

#### Daily Devotionals:

|   |             |
|---|-------------|
| Week 1—Intimacy with God                  | Pages 4-17  |
| Week 2—Sustaining the Relationship        | Pages 18-31 |
| Week 3—Building on Fundamentals           | Pages 32-45 |
| Week 4—Praying the Promises               | Pages 46-57 |
| Keep Going!                               |             |
| (Sample Journaling Format for Future Use) | Page 58     |

## ***Week One Overview***

# Building Your Prayer Life through Intimacy with God

### **Living in intimacy with God—*open to us all***

We are strongest in prayer and ministry when we are living in a close, personal relationship with God. This relationship is the heart of our Christian walk from which we develop a meaningful and effective prayer life. Every Christian is meant to have the same personal closeness with God that John and the other apostles experienced long after Christ ascended to heaven:

“...that which we have seen and heard we proclaim also to you, so that you too may have fellowship with us; and indeed our *fellowship is with the Father and with his Son Jesus Christ.*” (1 John 1:3-4, italics added)

The word “fellowship” that John used refers to maintaining a close personal relationship with the Lord.

### **The blessing of relationship—*knowing God personally***

Throughout His ministry, Jesus (whom we are to imitate) demonstrated with His daily life the kind of relationship we’re to have with the Father. He knew the Father. He prayed to the Father. He was dependent upon the Father. That’s how we are to live as well:

“And this is eternal life, that they *know* you the only true God and Jesus Christ whom you have sent.” (John 17:3, italics added)

The Amplified Bible helps us appreciate the full meaning of this word “know”:

[For my determined purpose is] that I may know Him [*that I may progressively become more deeply and intimately acquainted with Him....*] (Philippians 3:10, italics added)

How amazing that we can know God this way! This is much more than just understanding facts about Him. It is knowing God Himself—from the day we receive Christ and throughout eternity. This is essential if we want to build a firm foundation for a life of prayer and a close walk with God.

This is the same personal relationship Jesus declared He will have with us:

“I am the good shepherd. I *know* my sheep and my sheep *know* me [they will progressively become more deeply and intimately acquainted with Me]....” (John 10:14, emphasis and definition of *know* added)

### **Prayer is how we live in this relationship—*and walk with God***

When we spend time alone with God in prayer, He welcomes us into a personal relationship that can become close and real. In this relationship we not only sense His presence and speak to Him as we move through our days, but we also learn to hear His voice:

“...the sheep follow [the shepherd], for they *know* his voice.” (John 10:4-5, italics added)

Daily consistency is the important thing. It does not have to be a long period of time, but *time alone with God is not an option if we want to know Him in a personal way.* God will honor even a few minutes a day if we devote them to Him, reading His Word and praying as Jesus taught.

Beginning and continuing such a relationship is the focus of this week’s devotionals. As we begin, let us recognize that *active service for God* is not the same thing as spiritual intimacy. Empowered service that bears fruit is the *result* of an intimate walk with God, not the cause.

Service can be effective and bear fruit, but without the relationship we may not experience the fullness of God’s will. We may be out of step with His timing or working in our own strength instead of His. Without the relationship, we may succeed in our own plans but not fully succeed in His, settling for the good and missing the best.

### **Where do we begin?—*let Jesus teach us***

In His Sermon on the Mount, Jesus laid out fundamental principles of prayer that will help us maintain personal fellowship with God and develop a meaningful and effective prayer life.

Jesus taught that we must spend time alone with God every day (Matthew 6:6). *Everything else He taught about prayer and spiritual intimacy rests on this requirement.* Jesus followed this revelation with principles for effective daily prayer, which we refer to as the “Lord’s Prayer” or the “Our Father” (Matthew 6:9-13).

This week we begin applying these fundamental prayer principles. We’ll see why these principles help us build a firm foundation for our prayer lives. They assure that we’ll grow deeper in our relationship with God and become more effective in prayer.

*Pause now to ask God to help you listen and learn to apply these principles of prayer....*

*Week One, Day One*  
**Time with God**

“But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.” (Matthew 6:6)

Jesus didn’t mean that we must go into a room and shut the door. He did not do that when He prayed. But He did find ways to be alone with God, and that’s what He is telling us to do today. To know God personally, we must spend time alone with Him every day, time that is devoted and free of distractions.

Jesus said *when* we pray, not *if*. And we know He meant *every day* because in the model prayer that follows, we’re told to ask “this day” for our “daily” bread. In this model prayer He provides a pattern for our daily prayer lives.

*Time alone with God is essential. Everything else Jesus taught about prayer rests on this principle.* Fortunately for most of us, Jesus didn’t say we have to spend a long time every day, just consistent time. It is amazing what God can and will do if we’ll devote a few minutes to Him every morning.

*Why do you think it would be important to spend at least a few minutes alone with God every day?...*

*Perhaps you should ask Him what He thinks....*

---

*Journal to Remember*

Date: \_\_\_\_\_

What do I sense God is saying to me?

---

---

---

My prayer response—

---

---

---

My impression of what God wants me to do—

---

---

---

*Daily Prayer Prompts*  
**God’s Love**

**Father, I come as Your child—**

I love You, and I’m grateful for Your promise that no one can separate me from Your love. (Romans 8:35-39) *Continue with personal prayer....*

**I worship You (Hallow Your name)—**

I praise You as our God who loves us with eternal, unfailing love, abundant and overflowing. I rejoice in Your love that’s so great it defines who You are: You are love! (Psalm 106:1; 33:5; 57:10; 89:1a, 2a; 1 John 4:10) *Continue with personal worship....*

**I surrender (Your kingdom come, Your will be done)—**

Help me to set aside any thought of disobedience and to obey You more fully than I ever have as an expression of my love for You. (1 John 5:3; 2 John 6) *Continue with personal prayer....*

**For myself, my family, everyone in my church or ministry (names)—**

May prayer be the foundation of our lives. Help us to know the love of Christ, to experience for ourselves how long and wide, high and deep it is, though we’ll never fully understand it. (Ephesians 3:16-19) *Continue with personal prayer....*

**For our pastor, ministry leaders and staff—**

Direct their hearts into Your love, and fill them with joy. May they never lose their first love for You. Help that love for You to grow deeper every day. (2 Thessalonians 3:5; 1 Peter 1:8b; Revelation 2:4) *Continue with personal prayer....*

**For the lost (names) including all that our church or ministry reach—**

Reach for those who are lost with Your kindness and love, and give them life. In Your mercy grant them new birth and new life through the Holy Spirit. (Titus 3:3-5) *Continue with personal prayer....*

**I confess (forgive me)—**

The greatest commandment is to love You. Jesus said we show our love through obedience. (Matthew 22:37; John 14:15, 21, 23) Is this truly the way I love You? *Pause and reflect, confess anything that comes to mind....*

**Protect us from the evil one —**

Strengthen and protect us from the evil one, for You are faithful! (2 Thessalonians 3:3) *Continue with personal prayer....*

In Jesus’ name, amen.