

### A MODEL FOR PRAYER

When the disciples asked Jesus to teach them how to pray he gave them a model, beautiful, balanced and brief.

Our Father in heaven, hallowed be your name. *(Begin with God, come humbly into the presence of God who is holy (different from us).*

Your Kingdom come, your will be done, on earth as in heaven *(We are asking God to bring his rule to our lives and world and saying we want his will, rather than us take first place)*

Give us today our daily bread. *(We acknowledge God is the one who provides all our needs both physical and spiritual .)*

Forgive us our sins, as we forgive those who sin against us. *(if we expect our sins to be forgiven we have to be prepared to forgive others.)*

Lead us not into temptation, but deliver us from evil. *(Here we are asking God to give us the strength to say no to evil and doing wrong.)*

For the kingdom, the power and the glory are yours now and for ever. *(We are saying we want God to be honoured in our lives)*  
Amen *(So let it be done).*

Want more help? Look at [www.tryprayin.co.uk](http://www.tryprayin.co.uk)

Jesus does not patch things up. He renews. If you ask him to go back to the dark spot in your life, he will change the darkness into light. That was the purpose of his coming to us. He delivered us from sin. (Corrie Ten Boom)

### DON'T WORRY

*Do not start worrying ; "Where will my food come from? Or my drink? Or my clothes" (These are the things the pagans are always concerned about.) Your Father in heaven knows that you need all these things. Instead, be concerned above everything else with the Kingdom of God and what he requires of you, and he will provide all these other things.* (Matthew 6)

### ACTIVE FAITH

Faith is trusting in God and his love for you. For prayer to work you need put faith in action.

**FAITH PUTS GOD FIRST**— It is saying God knows best what you need.

**FAITH MAKES A MOVE**— Noah built the Ark not because he saw the water rising but even before it started to rain He acted because God spoke.

**FAITH KNOWS GOD WILL WIN**—Jesus has triumphed over sin and the devil and even death.

**FAITH HANGS ON IN THERE**— For some of us faith takes us up a rocky hill almost invisible path as it did for Jesus where God allows suffering. But just as God was with Jesus in the darkness, so he will be with us. He promised.

### REJOICE!

Get your perspective restored day after day. He is God and you belong to him. Everything else is secondary to that wonderful fact. Let it grip you and flood your heart.

Leap up and down the street in its joy. The Lord is God. The Lord is God. And we belong to him.

(Michael Baughen)



## DISCOVERING PRAYER



God loves us.

And in making us his motive was love. His greatest motive is that we should get to know Him, come to love Him and enjoy His company.

And when we talk to God or listen to Him, head to head , heart to heart, this is prayer.

(Andrew Knowles)

I waited eagerly for the Lord's help,  
and in his Word I will trust.

I wait for the Lord more eagerly  
than watchmen wait for the dawn.

Psalm 130

### WE ALL PRAY

We will all pray at some time, whether in an emergency asking God's help or in admiration of His creation. That's because deep within is there is a need to be in touch with God. We may try to ignore God in our lives but a time will come when we turn to God in asking for help or in gratitude.

### A WAY OF LIFE

Prayer, if it is to be meaningful and effective is not something we can pick off the supermarket shelf, it is something that takes time to nurture and grow. It is about spending time with God and getting to know him and what he wants for our life. Prayer is a way of life.

*Those who trust in the Lord for help will find their strength renewed.*

Isaiah 40

### TO BE WITH GOD

When you have a great friend you may want to spend time with him and may be careful not to miss it. The use of our times may be shared, requests made, regrets or gratitude may be spoken, and minds exchanged, sometime talking and listening and sometimes with few words or gesture.

To be with God wondering that is adoration.  
To be with God gratefully, that is thanksgiving.  
To be with God ashamed, that is contrition.  
To be with God with others on the heart, that is intercession.

The secret is the quest of God's presence: 'Thy face, Lord, will I seek.'

(M Ramsey)

### DISCOVERING JESUS

Before we can discover prayer, we must discover Jesus. When Jesus walked this earth, he really prayed. He taught others to pray; not by running seminars but by being caught in the act. His whole life was a prayer.

(Andrew Knowles)

### PRAYER CALENDAR

Tear out the monthly Prayer calendar in the Kirk News and put it in your Bible or someplace you can refer to it every day.

### PRAYER CHAIN

Join the Prayer Chain and pray for people and their problems daily.

### HOW TO SPEND TIME WITH GOD

LET GO—relax the tension and remain still.  
OPEN YOUR HEART—to the goodness of God. Rest in his goodness, let it fill your heart.  
THANK GOD—let gratitude fill your being.  
ALLOW HIM TO PROMPT YOU— let the Holy Spirit guide you. Ask his forgiveness, his help, both for yourself and others.  
LET GO AND LET GOD—have the whole of you. Take his will and make it yours.

(Cuthbert Bardsley)

*Be joyful always, pray at all times, be thankful in all circumstances. This is what God wants for you in your life and in union with Christ Jesus.*

(1Thessalonians 5)

### EXPECT ANSWERS

We should cultivate the habit of expecting answers to our prayers. We would be liked a merchant who sends ships to sea. We should not be satisfied unless we see some return.

### MINISTRY OF HEALING

Is there anyone among you who is ill? He should send for the church elders, who will pray for him and rub oil on him in the name of the Lord. This prayer made in faith will heal the sick person, the Lord will restore him to health and the sins he has committed will be forgiven.

James 6

There is a ministry of healing at Kemnay Church when the minister and elders will visit and pray for you. There are also Services of healing (ask for Healing leaflet).

### HOW TO PRAY

Sit, kneel, lie down, stand up it doesn't, open your eyes, close your eyes it doesn't matter, it is what is comfortable for you.

### LISTS

Make a list of people to pray for -  
Your family  
Your friends  
Your church fellowship  
Your neighbours  
Your workmates  
Your enemies  
Your country and its leaders

### DOES GOD ANSWER ?

Not always right away, his time is not our time. Not always as we would expect, sometimes in a way that is better for us. Sometimes he says no, because what we are asking for is not good for us. Sometimes he gives us what we want because it is right for us. However God answers, give thanks to him.