



## *Faith & Life Discovery Journal Resource*

Weekly Prayer Starter  
02.02.09 – 02.06.09

### **How to use the Weekly Prayer Starter:**

Grab your bible & journal & find a quiet, comfortable spot to begin your daily Bible reading. You may want to play your favorite hymns softly in the background. Spend a few minutes relaxing, quieting your mind. To prepare to focus on God & His Word, try the suggested prayer exercise. Then pray the suggested prayer starter personalizing it to your needs & desire for God's guidance.

### **Some suggested exercises for spiritual centering:**

- We can use the acronym **F-A-C-T-S** to remind ourselves of the basics of prayer.
- **F**aith- Our conversation with God comes out of his conversation with us through his Word. Romans 10:17, Hebrews 11:6, Matthew 21:22
- **A**doration - Our prayers express our love & longing for God, leading to praise & worship. Psalm 95:6, Matthew 6:9, Revelation 4:11
- **C**onfession – Through prayer we develop intimacy with the Lord as we confess our need for his forgiveness. Psalm 51:1-4, 1 John 1:9, Matthew 6:12,
- **T**hanksgiving – Consider all that God has done for us. He deserves our expressions of gratitude & thanksgiving. Psalm 100:4, 1 Thessalonians 5:16-18, Philippians 4:6, Colossians 2:7
- **S**upplication (request) –God wants us to bring our cares to him. 1 John 5:14-15, Jeremiah 29:12, Matthew 26:39

### **Additional prayer suggestions:**

Using the F-A-C-T-S method to pray can help keep our focus on God. Begin your prayer by reflecting on God's Word and then moving to adoration, confession, thanksgiving, and then supplication. Remember that prayer is not a not just a way to express requests, but a means to enjoying a relationship with God. And the power of prayer only becomes a reality through practicing prayer. May you make prayer a priority so that you might know the blessings of intimacy with our Lord!

### **This Week's Prayer Starter:**

Father God,

Quiet my mind today. Let me rest in your presence. Help me to come to you as a little child so that I might simply share my heart with you & freely accept your love & grace. I am strengthened by the promise that you will answer when I call on you. Thank you, Lord! You hear my cries & are merciful. Reveal any areas of my life in need of an attitude adjustment. Show me through your Word today how to be more like you. Make me your servant, Lord. Thank you for your faithfulness & love. Amen.