

# Growing in Prayerfulness





# Prayer.

Before I had a good grip on the gospel, the depth of my sin and the reach of God's grace, I'd learnt that my parents, the people I trusted most, knew to trust God. They prayed in the family home, with reverence and confidence. I learnt that God was holy and good. He listened and responded to those who spoke to and trusted in Him.

By the age of 12, I'd learnt that we can bring big matters to God. I expected that he would remove my Dad's cancer. At 13, I'd learnt that sometimes God says no to our prayers. My Dad died, but I saw that my mother continued to talk with and trust in God. The Lord, with whom I now spoke, held me through and beyond Dad's funeral with a peace I didn't expect and couldn't comprehend except that I knew it was a gift, for me, wrapped by my God.

At 16, I learnt that sometimes God says yes to prayer and a resounding no to medical boffins who had scoffed at him and my mother when she turned to him in prayer. I'd given myself severe brain damage in a fall from my motor bike. There was widespread prayer from family, friends and people we didn't know. God restored my brain function and paralysis and, conscious again after some weeks in a coma, I was healed. At around this time, I understood that for me, the greater healing and restoration happened when Jesus took my place on a cross. Praise God for the prayer which helps bring a sinner to understanding.

In the 42 years since, I've come to know that all I need to understand about God is contained in the Bible. But I've also learned that my walk with God can lose traction and progress when I don't pray about what I've read from God's word. I need to set myself away from the issues of the world to concentrate on the things of God. In Matthew 6:6 Jesus says "go into your room, close the door and pray to your Father who is unseen." Praying like this, I'm removed from farming worries and my tendency to feel weak, living in a world with strident opposition to Christianity. The Bible also urges me to be praying with other believers, where we encourage one another towards God as my parents did me. The Church was established and thrives in such prayer. (Acts 1:14)

I know that some find it difficult to pray and more so, to pray aloud, in the presence of others. Please be encouraged. We are directing our hearts to 'Our Father who art in Heaven'. The power in prayer comes from God and it's his way to make things which may appear weak and foolish to be powerful in his hands. Let's make it our habit to meet with our gracious God in prayer.

*- Dean Blomfield*  
Member of CEM



# Church Family Prayer Meetings

Make sure to give clear, simple examples and instructions of how to pray as it will aid people praying out loud.

- Using a Psalm or a short Bible passage is a good way to start a prayer meeting to remind us of the character of God. Ask a young person to read this out, try and get as many people in the room involved as you can.
- Think about the time frame you have in 5 minute or 6 minute segments. If you have an hour time slot think of 10 different ways to pray that are 5min long. (please note, time is taken up with explaining what you are doing in the next segment)
- Children and young people will need the opportunity to sit and stand and move throughout the prayer time. Pray standing up and pray sitting down. (Be mindful of elderly people who might need the option to sit and may not appreciate having to move). Move to different groups of different sizes. Pray in groups that are 4 people and 8 people or 12 people. Encourage short prayers only 1 or 2 sentences so that everyone can have a go at praying.
- Think about your 5 senses, if you can use your senses in the prayer meeting that will be memorable and interactive for children. It's not wrong for children to fiddle or draw while they pray. It might be something we are not used to. A child enjoying painting during a prayer meeting is a wonderful thing. I would recommend water colours as they are less messy and less distracting. Every so often ask the child quietly if they would like to pray. A child quietly painting while listening to adults praying is wonderful. Often children begin joining in with the word Amen.
- Give people an option of what they would like to pray for. Have different parts of the room set up with butchers paper and prayer points on them. Maybe 4 different options depending on the size of your group.
- Have a race between the children to find a Bible verse first. Use that verse to pray for someone or for a situation. Maybe have 3 races, with three different verses and three different people praying out loud.
- Hold up some flags from different countries and people have to guess what country you are going to be praying for next.
- Eat some food from another country and before you do, pray for the people of that nation.

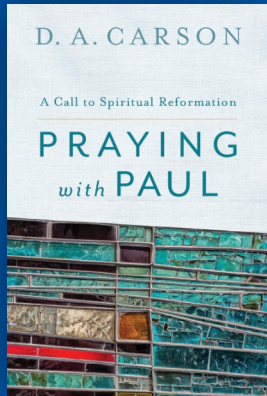


# Ideas to cater for all ages and stages.

- Ask a child to put on a hat or an item of clothing from another country and pray for that country.
- Ask children to find prayers that have been pre-written and hidden under chairs or around the room somewhere.
- Give a child the option to read a prayer out that has been pre written in simple language they understand
- Pray a prayer that you find in a book. There are some great prayers that have been written by other people that we can use to enrich our prayer meetings.
- Using a prayer diary (eg. Armidale Anglican Diocese) ask children what their age is and flip to that page of the prayer diary.
  - Adults write a prayer (and pray it as they write) onto a sticky note. Children stick the prayers onto a wall. The very youngest of children can be involved in the prayer meeting in this way, a one year old can take a sticky note and place it onto a wall. This teaches children that praying and prayer meetings are a place where they are welcome and involved.
- Throw a ball from one person in the group to another, when you catch the ball peel off a country or a prayer point, the group pauses and prays along with the person who peeled off the prayer point. Throw the ball across the circle to someone else who peels off another one.
- With a large group in a circle, ask people to pray a single sentence prayer and no more. A good example is to say Thank you God for... Each person prays thanking God for something or someone. Always give people the option to tap the person next to them if they don't want to pray out loud.
- Children can roll a dice or pick numbers out of a hat and the number they roll is the page of the prayer diary that you turn to for prayer.
  - Give children a small lump of playdough and if you are praying about teachers or leaders tell them to make a person out of the playdough, while you all pray. If you are praying for farmers ask the children to make a tractor or a sheep out of playdough.
- Write out characteristics of God and put them on pieces of paper and hide them around the room. The children find them and give them to people in the group, these ideas are then used to praise God.

# A Call to Spiritual Reformation

## Priorities from Paul and His Prayers



## A Sermon Series Suggestion based on D. A. Carson's Book 'Praying with Paul'

### 1. The Framework of Prayer

[2 Thessalonians 1:3-12]

### 2. Praying to a Sovereign God

[Ephesians 1:15-23]

### 3. Praying for Power

[Ephesians 3:12-21]

### 4. Overcoming the Hurdles

[Philippians 1:9-11]

### 5. Lessons from the School of Prayer

[Philippians 4:4-9]

### 6. The Content of a Challenging Prayer

[Colossians 1:9-14]

### 7. A Passion for People

[1 Thessalonians 3:9-13]

### 8. Worthy Petitions

[2 Thessalonians 1:1-12]



# Get Our Diocesan Prayer Diary right to your pocket

- 1 Download the PrayerMate App.
- 2 Open PrayerMate on your device.
- 3 Click on Lists.
- 4 Under "My lists" click on "My Church".
- 5 Scroll down and click on + Add Subject
- 6 Scroll down and select Church life.
- 7 Click on Australian Churches.
- 8 Scroll down and select Armidale Anglican Diocese.
- 9 Click on Subscribe to this feed.
- 10 Pray! Follow the instruction to swipe your screen from right to left. Click on Armidale Anglican Diocese Prayer Diary to see the prayer points for that day.\*

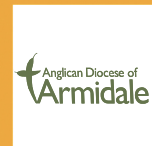


Church life

Church Life Feeds



Australian Churches



Armidale Anglican Diocese

\*If you cannot see this, click on Lists and it should show under My Church.



# PRAYERMATE

An App to Help you pray  
Faithfully and Widely.





For more resources please visit:  
[www.armidaleanglicandiocese.com](http://www.armidaleanglicandiocese.com)