



ALL IN

THE CORE

PRAYER

THE CORE - PRAYER

One of our goals throughout 2016 is to grow and strengthen our SPIRITUAL CORE. One of the ways we do that is through prayer.

Prayer is simply a conversation with God. The Psalms are biblical examples of this conversation. Some are praise songs to God. Others acknowledge and honor who God is and what He has done. Others are cries for help from His people. Our prayers should be no different.

Think of the conversations you have in your life, with friends and family. There are a wide range of conversations that go on - conversations such as acknowledgements of love and affirmations of one another. There are times when you ask for help. How we converse with others is a great model for how we can pray.

We want to help you grow your prayer life. Maybe you have a great prayer life, where you have a continual conversation with God. If this is you, help us! We suspect that you are a lot like us--realizing that there is always more we can do.

This guide is the start of our journey for 2016. We are going to give some suggestions of how to pray and how to build a prayer list that you use. We will also give you some prayer requests for us here at South.

How to Pray

Any conversation needs to have balance. If you have a friend that does nothing but ask for things, the relationship is a challenge to say the least. To help us have balance in our conversation with God, we can use the ACTS model for prayer. Each letter is a different aspect of the conversation. Here's what they mean:

ADORATION - Adoration is us recognizing God for who He is. Its giving Him praise for all the awesome things He is. It is us declaring that God is God and we are not. That He is creator and we are created.

Simple Examples are: God, You are the creator of the heavens and the earth. You are Lord over all including the US, N. Korea, and Iran. You are greater than pro football.

CONFESSION - Confession, while easy to understand, is hard to do. When we confess, we acknowledge the wrongs we have committed. We admit to not being perfect (I said it wasn't easy).

Simple examples are: I am sorry for my road rage today. I confess my failure listen to my co-worker. I confess that I think I am smarter than I really am.

THANKSGIVING - Thanksgiving is the part of the conversation where we thank God for the things He has done for us. It could be thanking him for a beautiful sunrise to thanking him for the grace that He gives us. Our thanks could be more specific like an answered prayer about a family member.

Simple examples are: Thank you for butterflies. Thank you for Your grace. Thank you for my friends.

SUPPLICATION - Supplication is a churchy word for requesting help from God. This is probably where the majority of our prayer life exists. We always have needs. We always have moments and spaces in our lives where we need God to engage.

Simple examples are: Have your Spirit over the mess of North Korea. Help me to be more compassionate to my spouse. Help me show grace to my co-worker.

When you pray, you can work through all four. You could also just pray ACT or AC or AT. We need to make sure we are doing more than asking (S) for things.

How Long to Pray

This is a conversation. You don't want the conversation to only be 2 minutes long. There has to be quality time for a relationship to work. The conversation could be broken up throughout the whole day. It could be a specific time in the morning and a specific time in the evening.

You aren't going to go from little to no prayer to praying all day in the course of a week. This is a process. Think about how much you have prayed before? How do you grow that? Maybe you set aside 20 minutes each morning to begin. Then, give five minutes to each of ACTS in the model above.

Make time for praying. Maybe you give up something like your favorite TV show or Facebook time to pray. Start with something attainable and grow!

What to Pray

What is important in your life? What is important in your faith? Where do you want God's presence? Those are the things you pray for. The first three parts of the above model probably don't need to be scripted out. Simply follow our lead with the examples we give and see where your heart and mind take you.

As for the Supplication section, take some time to make a list of things you want to pray for. Maybe they will be structured like the following list:

- 1 Personal - things I need to change or grow
- 2 Family - spouse, kids, parents, in-laws, etc.
- 3 Friends

- 1 Coworkers
- 2 People who need to know Jesus
- 3 South's ministry - list given below. Add to it!
- 4 Missions South supports
- 5 ?? - its your list!

You could pray through this list each day, or you could break it into days of the week. Its really is all up to how you want to do it.

Building Your List!!!!

What follows in this booklet are some helps for you to begin to build your list of what you want to pray for. We've taken the list from above and given you some space to fill in names and items you want to pray for.

Over the next week, spend some time each day to think and pray through this list. What should I be praying for? Fill in the list as you go. The challenge won't really be what to pray for, it will be **MAKING TIME** to pray. Here we go!

PERSONAL - things I need to change or grow

Examples are: purity; wisdom; less lust, greed; health

FAMILY - spouse, kids, parents, in-laws, etc.

FRIENDS

COWORKERS/ACQUAINTANCES

PERSECUTED CHURCH

WORLD/NATION

?? _____

??

SPECIFIC PRAYERS FOR SOUTH

- Pray for our finances. We continue to have ups and downs in our giving. Pray that offerings are consistent and strong.
- Pray for volunteer recruiting. We always need new help in places like Kids City and Guest Services. Pray that people will have the desire to serve.
- Pray for our leadership. We are at the beginning of another three year plan. Pray that we have wisdom as we look to where we need to go, what we need to do as a church.
- Pray that we have a heart for lost people. Pray that we use upcoming events like Easter to move us into action.
- (add your own!)

OUR SLCC MISSIONS

GO Ministries

His House

Intentional Impact Ministries

Christ in Youth

Urban Ministries of Chile

Sid and Sangs in India

Northwest Haiti Christian Mission

Rock Lake Christian Assembly

Great Lakes Christian College

Mechanical Ministries

Abby Weller

Christ's Church in Albany

All Nations Christian Church

Mission Update:

His House works in a number of college campuses, creating safe places for students to ask questions and grow their faith. Kevin and Greta Briere lead on MSU's campus and have been a great influence in a number of students lives and are an active part of plugging themselves and the students into

Specifically Pray for:

- Please pray for Sid and Sangs as they continue to minister to those around them. Pray for their safety.
- Praise God for all the funds that were raised for the Angel Tree and India flood relief
- Please pray for Meredith as she settles into her new ministry in England. Pray for her family as they adjust to not having her here
- Pray for each mission listed above. Pray for their boldness as they do their ministry.
- (add your own!)

FINAL THOUGHTS

Once you formulate your list, it may be helpful to put it into your phone or write it out on a sheet of paper. Then, slide it in your Bible or put it on the fridge so you see it every day. Set a reminder or an alarm on your phone to keep you consistent on the time you set to pray.

Other things you might want to do is buy a journal to record your journey. You can purchase an inexpensive ring notebook at the store (Walmart had some for 25 cents each in the clearance section). It doesn't have to be fancy. You could even use a document on your phone or computer.

Then commit and use it. All you do is write down what you are learning and praying. It is that simple! Write the date on the page then list out what you are praying. Answer some questions in the process like: What am I learning through this? How can I make more time? What am I missing? Also write down and prayers that have been answered. it is always great to have an answer list!

If you feel overwhelmed or stuck, we are willing to help you work through this. We'd love to sit down with you and guide you through this process. It is like going to the gym - when you go to work out, it is helpful at times to have someone there to guide you along and encourage you. That's why we are here! Email us at helpmepray@seekstudyserve.org or call the church office and schedule a time to get some help.

UPCOMING PRAYER POSSIBILITIES

WEEKLY PRAYER TOGETHER

We have a group of people that meet each Tuesday at 5:30 P.M. in the Prayer Room (the classroom to the left of the main bathrooms in the Welcome Area at South). There is no formality to what they do. Anyone can join. Someone will start by sharing a Scripture and then they pray.

CORE TRAINING: SPIRITUAL DISCIPLINES

Our Worship Minister, Wally Lowman, will be leading a 4 week class/discussion on Spiritual Disciplines in February. We will look at prayer, fasting, journaling, and Bible reading. If time allows, we will look at other spiritual disciplines.

The class will meet in the Fireside Room on Wednesday evenings. We are still working out the start time. RSVP your spot by emailing coretraining@seekstudyserve.org or by calling the church office.



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