

WHEN WE PRAY

40 days of guided prayer



FAMILY DEVOTIONAL

We often find that what is repeated is what is remembered. And so, instead of a daily devotional for kids, you'll find a thematic weekly devotional. The goal is to have one significant concept and practice of prayer sink in for your child. Take time each day to do this with your son or daughter. This devotional would be great to incorporate into your bedtime routine.

If you have teenagers or pre-teens, do the 40-day devotional together as a family. At some point during the day, talk with your kids about what they are learning or what their experience was like. This may happen in the car driving, around the dinner table, or in tucking them into bed. Lean into the natural rhythms of your teenager's daily schedule; they are some of the best spaces for deeper conversation.

A photograph of two young girls sitting at a table, engaged in a craft activity. They are surrounded by various drawing supplies, including markers and paper. The girl on the left is holding a piece of paper with a drawing, while the girl on the right is using a marker. The scene is brightly lit and colorful.

week 1

HOW JESUS TAUGHT US TO PRAY

Matthew 6:9-13

Jesus taught the people around Him how to pray, and we can learn from Him too!
Pray together, following how Jesus taught us.
Say the **bold line** together (or have your child repeat after you),
then have each person take a turn praying the *italic prompt*.

Our Father in heaven, may your name be honored.

Tell God how great He is

**May your kingdom come. May what you want to happen be done
on earth as it is done in heaven.**

Ask God to show you how to live His best way

Give us today our daily bread.

Ask God for what you need

And forgive us our sins, just as we also have forgiven those who sin against us.

Tell God what you have done wrong and ask to be forgiven

Keep us from sinning when we are tempted. Save us from the evil one.

Ask God to protect you

Amen

A man with glasses and a blue t-shirt is sitting on a chair in a playroom. He is surrounded by children and toys. A young girl with long blonde hair, wearing a floral dress, is standing in front of him. To the left, another child is sitting on the floor. The room is filled with various toys, including a pink toy car, a blue toy car, and a red toy car. The background shows a window with blinds and a green table with a red object on it.

week 2

BEING FRIENDS WITH GOD

John 15:13-15

Think about your best friend and what you like to do with them.
When you have a friend, you talk to them, you spend time with them,
You play with them, you think about them, and sometimes you are together
and don't even need to talk!

Jesus calls you His friend. He picked you! Prayer is our way to be friends with God.
God is with you all the time. You can talk to Him, you can listen for Him,
and you can notice Him in the world. Try it together!

Think through your day.
Thank God for the great things that happened.
Share the sad or bad things that happened and ask for what you need from God.
Think about how God showed up throughout the day. Did you notice something
cool that He created? Did someone show you His love?
Finish by asking God to help you notice Him throughout your day tomorrow.



week 3

PRAYING FOR OTHERS

Ephesians 6:18

As we go through our day, we talk to many different people - our family, friends, classmates, teachers, cafeteria workers, store cashiers, coaches, teammates, yard duties, and more! Just like you have things to pray about and ask God for, everyone else does too. We get to help others by praying for them.

When we pray for other people, God hears us and answers our prayers!
Our love for other people grows as we pray for them. We can pray for other people right when they tell us something that God can help with, and we can continue praying for them when we aren't with them.

Practice this: Have each person in your family share what they need prayer for. Then each person should pray for someone else. Even one sentence!



week 4

YES. NO. WAIT.

Psalm 66:19-20 & Luke 11:5-13

God hears every single prayer that you pray! He listens when you pray out loud, and He listens when you pray in your head. He listens and He answers every single prayer. Sometimes His answer is YES. This is the exciting one! 'Yes' is when we get to see God do something that we asked for.

But sometimes it feels like God didn't answer our prayers. We want the answer to be 'yes' all the time, but God has two other ways that He answers our prayers: NO and WAIT. Sometimes God says 'no' to prayers because He has a better plan, and sometimes we don't know why He says 'no'. Sometimes when it feels like the answer is 'no', God is really saying WAIT. God wants you to keep asking!

God has good things for you. He is a good father who gives good gifts.

Pray together: think of a prayer that it feels like God hasn't answered.
Pray together and ask Him again.

A group of people are seated in a circle in what appears to be a church or community room. They are clapping and singing. The scene is overlaid with a semi-transparent orange filter. The background shows a person standing at a podium and a large window with a sign that reads "WELLS PRAYER CENTER".

week 5

SING TO THE LORD

Psalm 95:1-6

In the Bible, we read about people praying, and many times they are singing their prayers! Every time that we sing a worship song, we are singing a prayer to God. This can be all together, like at church, or with a smaller group, like your family, or by yourself.

Today choose one of your family's favorite worship songs. Listen to it twice. The first time, kneel down if you can and just listen to the words and hear the prayer that is being sung. The second time, sing the prayer to God. This time, you can move your body however you want to move as you pray!

A woman with long dark hair, wearing a black sleeveless top, is sitting on a light-colored carpeted floor in a classroom. She is clapping her hands and looking towards the left. To her left, a young girl with dark curly hair, wearing a grey long-sleeved shirt, is sitting on the floor. To her right, a young boy with short blonde hair, wearing a blue t-shirt and grey shorts, is standing and holding a green box with a red circle on it. The background shows a classroom setting with a whiteboard, a chalkboard, and various educational materials.

week 6

HEARING GOD TALK TO US

John 10:27

A shepherd is someone who watches a flock of sheep. Each shepherd comes up with a certain sound that they call out to gather their sheep. The sound is different from every other shepherd in the surrounding area. The sheep learn to know the voice of their shepherd and come when the shepherd calls. Isn't that amazing?

Jesus said, "My sheep listen to my voice; I know them, and they follow me." When you take time to listen to God, you learn His voice. You can listen through reading the Bible, through thinking about what God has done for you and who He is, and through being still and quiet enough to listen for how He talks to you.

Pray together: Ask God to help you hear His voice. Then sit for one minute and listen for God to speak. When the one minute is up, talk about what you heard.

The Lord's Prayer

teaching notes



devotional 1



Our Father in heaven, hallowed be your name

Ecclesiastes 5:2

Worship is recognizing & responding appropriately to the greatness of God.

Worship is the natural activity of the soul. You were created to worship God. Every single person is on a quest for transcendence, to catch a glimpse of glory. We are by nature creatures of worship. We cannot help but ascribe worth, value, and affection. It is what we do. We are beings that adore, praise, and idolize that which captures our hearts. It is part of what makes us human. No other creature on earth has this capacity. And it is a major clue as to our purpose in life.

There is a longing in your soul that can only be satisfied in the presence of God. Until God becomes your everything, you will give your heart to anything or anyone hoping it will fill the void. Only in worship of God will you find the place your heart was made for.

Prayer Prompt:

Talk to God about God. Spend time simply thanking Him.
Enjoy His creation. Put on worship music in your home or car.

devotional 2



Your kingdom come, your will be done on earth as it is in heaven

Romans 12:1

Surrender is giving God full and complete control of every area of your life. The paradox of the invitation of Jesus is not to discover yourself but to die to yourself. It is in dying to yourself that you truly find life in Jesus. Jesus said, "Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me." The truth is for some, the reason Jesus hasn't worked for you is your trying to add a little Jesus to your life. How do I discover myself, and live my best life?

Surrender your life to Jesus the author of life. Surrender your career, your future, your desire to be married, your longing to have a family, your desire for success, your brokenness, bring all of you and say "Jesus, you can have it all."

Prayer Prompt:

Invite the King to take his rightful place in your heart & life. Bring to him every part of your life. You may want to physically kneel or raise your hands.

devotional 3



Give us today our daily bread.

Psalm 5:3

Request is asking God to give us what we need to make it through that day. There is no need in your life that is too small or insignificant to God. And there is no problem or crisis in your life too great for your Heavenly Father. Jesus, when teaching us how to pray, invited us to bring our needs and concerns to God because He cares for us. In fact, Jesus said if parents know how to give good gifts to their kids, “how much more will your Father in heaven give good gifts to those who ask him!”

When we bring our needs and concerns to our Heavenly Father we are coming to the God of the how much more. What are the concerns on your heart today? God is eager to respond and meet your needs.

Prayer Prompt:

Bring to God the needs and concerns of today: spiritually, emotionally, physically, relationally, vocationally, financially.

devotional 4



Forgive us our debts, as we also have forgiven our debtors

1 John 1:9

Confession means “to own up to a condition of the soul” (Dallas Willard). Confession is powerful. It brings healing and wholeness, freedom and life. In James 5:16 it says, “confess your sins to each other and pray for each other so that you may be healed.” A big part of breaking free and experiencing healing is coming clean.

Confession simply means to own up to your own junk. That is to agree with God about the state of your life - to own that you have a bad attitude, your jealousy, bitterness, resentment, gossip, to come clean that lust has consumed your thoughts and actions. The problem is instead of agreeing with God and confessing our sins, we tend to argue with God and justify our actions. As result we miss out on the power and freedom that comes from confession. Confession positions you to experience the grace of God in your life.

Prayer Prompt:

Practice: Ask the Spirit of God to show any areas of unconfessed sin. Then respond by specifically owning what He reveals & asking for forgiveness.

devotional 5



And lead us not into temptation, but deliver us from the evil one.

Ephesians 6:10-20

Protection is God's activity in your life to guard you from sin and the schemes of the enemy. Why is it that when you want to work on your marriage it seems like you have your biggest arguments? Why is it that when you are finally ready to get help with that addiction the sudden feeling of hopelessness or shame overwhelms you? Why is it when you're ready to truly honor God with your finances or get out of debt that something major breaks down? Why is it that when you decide to follow God, the busyness of life takes over, or that temptation roars back into your life?

The Scriptures teach us that we are in a spiritual battle and have a very real enemy whose goal is to steal, kill, and destroy anything good in our lives. And when you take a step towards the life God has for you, watch out for spiritual attack. The good news is we are not left to fend for ourselves or try to figure it out on our own. In Christ, we do not fight for victory but from victory. We do not need to be afraid because Jesus defeated sin, death, and Satan on the cross. We do, however, need to be aware of the enemies schemes and pray for protection.

Prayer Prompt:

Pray for spiritual protection and the discernment to identify the attacks of the enemy.

“Manifesto”

The City Harmonic

Our Father, which art in heaven,
Hallowed be thy Name;

Thy kingdom come;
Thy will be done
in earth, as it is in heaven:

Give us this day our daily bread;
And forgive us our trespasses,
as we forgive them that trespass against us;

And lead us not into temptation,
But deliver us from evil;

For thine is the kingdom,
the power, and the glory,
For ever and ever.
Amen.

Contemplative Prayer

teaching notes



devotional 1



*It is not so much what I do during my prayer time
but who I've become because of them.*

Oftentimes we view prayer as an opportunity to present a laundry list of requests to God. If He answers the prayers, things are great; if not, our view of God might change. Prayer is a shared experience in communion and conversation with God, our Heavenly Father. Contemplative prayer is not as much about “saying prayers” as it is about focusing on being still before God and deepening our friendship with God. This is a beautiful discipline to practice in our spiritual formation.

“The deepest destiny of your life is to descend ever deeper, with quiet yet ever-increasing intensity, into the endless love of God.” - Dane Ortlund

To begin to practice contemplative praying, find a quiet place to be alone for 10 uninterrupted minutes. Some people find it helpful to set a timer so that thinking about how much time has elapsed does not become a distraction. Sit silently. When thoughts occur about events of the day or anything else, acknowledge them and just let them go. Sit quietly in the presence of God; your only expectation is **that God is with you**. As you sit before God, what is one anchor word you can repeat and meditate as you inhale or exhale? (Surrender. Peace. Adoration. Presence).

As you pray this word, what is God revealing to you?

devotional 2



*“To be silent does not mean to be inactive;
rather it means to breathe in the will of God,
to listen attentively and be ready to obey.” - Dietrich Bonhoeffer*

Read John 15:1-10 three times. Once aloud if you can.

Sit in silence before God. What are one or two words that stand out to you?

Ask & Pray:

- What would it look like for me to take a deeper step into the waters of **remaining** in God’s love?
- Ask a trusted friend or mentor to speak into your life and tell you what fruit they see being produced in your life lately.
- What area of my life do I need to **surrender to the pruning** that God is doing?

devotional 3



"It is one thing to speak to God. It is another thing to listen. When we listen to God, we receive guidance from the Holy Spirit." John Ortberg

Over time, contemplative prayer will become easier with practice. It is the ultimate gift to rest in God's presence. Contemplation is being still, waiting on the divine presence, and trusting God to complete what has begun in you. It is simply resting in God's presence.

Read Psalm 46

Spiritual Practice: Silent Prayer

Set an alarm for 5 minutes. Take a deep breath and slowly pray the words, "Jesus, here I am." Whenever your mind gets distracted, gently return to that phrase. The goal of this silent prayer is to simply be in the presence of God, not to expect to receive anything. Just be. The Hebrew word for "be still" means to sink down or relax.

Start praying the words of Psalm 46:10, "Be still and know that I am God." As you pray, repeat the verse eliminating one word at a time until you are left with the word "be." Then just be still and silent for the remaining time. If you struggle with sitting still, try keeping a piece of paper next to you. Doodle when you feel distracted.

devotional 4



In Mark Thibodeaux's book *Armchair Mystics*, he describes four directions of prayer:

1. Talking AT God
2. Talking TO God
3. Listening TO God
4. Being WITH God

Talking at God is what many children learn beside their beds at night. Holding their hands, bending their knees, and singing simple phrases. As we mature, we develop our own language with God but as a kind of conversational tone. This is talking to God. The listening to God phase of prayer is a mark of maturity where one comes to discover that their relationship is both a give and take. The fourth direction is being with God and it is radically different from all the others because it is a state of being. This comes through surrender on our part and treasuring that being with Him is more than enough than anything He could do for us.

One of the ways we can experience the beauty of fully being with God is giving Him our full mental and emotional capacity. This often comes through the three interior postures of solitude, silence, and stillness.

Spiritual Practice: Spend 5-10 minutes praying:

In silence, I am listening for you, God. What are you speaking to me?

In stillness, I am waiting for you, God. Make me aware of Your presence.

In solitude, I am longing for you God. Help me see Your character more clearly.

Help me cling to You.

devotional 5



"Meditate on the law of the Lord day and night" (Psalm 1). Contemplation, I think, is just another way of talking about spiritually seeing the beauty of Christ in and through the word of God." John Piper

The term "lectio divina" is an ancient Latin term for a practice by monastic monks which means "sacred reading" or the slow reading of Scripture. It includes rhythms of reading, reflecting, responding, and resting in the word of God, and it helps us to grow in our relationship with God. Lectio Divina involves five basic steps: lectio, meditatio, oratio, contemplatio, and incarnatio.

Spiritual Practice:

Lectio (Reading the Word): Read Psalm 1:1-3 either out loud or silently.

Pay attention to any word, phrase, or image that intrigues you or puzzles you.

Meditatio (Meditating on the Word): Ponder more deeply on the word, phrase, or image that caught your attention. What images, ideas, and perceptions does it evoke? Allow this word, phrase, or image to engage your thoughts.

Oratio (Dialogue with God; pray): What prayer emerges from your meditation? Ask God to transform you through the word, phrase, or image from Scripture. How does it connect with your life? What is your response to what God is saying?

Contemplatio (Heavenly Rest): Rest and just be silent in God's presence.

Incarnatio (A Calling Forward): Now that you have rested in God's Word, how might you represent God's love and grace in your family, community, and the world?

A photograph of a church service, viewed from the back of the sanctuary. The congregation is seated in rows of chairs, facing a stage where a band is performing. The lighting is warm and focused on the stage. The text is overlaid on the image in a white, serif font.

“Like Incense / Sometimes By Step”

Hillsong Worship, Brooke Ligertwood

Use this song a medium to focus your heart and mind as you prepare to hear from God. Listen to the song as many times as you need, and when you are done, pray like this as you wait on The Lord:

Lord, I wait and listen for You to speak,
for Your words are better than life.

Intecessory Prayer

teaching notes



devotional 1



This week our prayer focus is on intercession...actively partnering with Jesus, asking for God's will to be done as we pray for the needs of others and ourselves. This is bold prayer, this is vulnerable prayer, this is prayer of great persistence, patience and oftentimes waiting. But above all this is CONFIDENT prayer, knowing our loving Heavenly Father is greatly interested in our lives and at work throughout the earth: healing, restoring, bringing freedom and making all things new.

Isaiah 65:24: *"Before they call I will answer; while they are still speaking I will hear."*

Today, pray like this:

Lord God, you are all knowing and almighty. I am confident that you are our healer, restorer, and rescuer, so I ask that you would show me who to pray for and how to pray for them?

devotional 2



***Philippians 1:9-11:** And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.*

The apostle Paul's epistles in the New Testament are filled with intercessory prayers. In these letters, we bear witness to Paul's intercessions for the early churches and for Timothy, his co-worker in preaching the gospel. His prayers are rich in gratitude, truth, wisdom, and appeals for blessing. Notice also the underlying tone of confidence Paul had toward the almighty and faithful God on the receiving end. We have much to learn from Paul's examples to help shape language, content, and posture of our intercessory prayers.

Today, pray like this:

Today I choose to remember your love and what you have done for me. I choose to remember your miracles in my life, and I pray for your church to be reminded of your mighty work, your miracles and your goodness. May these reminders renew, encourage, and strengthen the body in Jesus name.

devotional 3



Luke 5:20: *Seeing their faith, Jesus said to the man, "Young man, your sins are forgiven."*

Luke 5:17-26 is a story of intercession. In it, we see two facets of faith: the faith of men who boldly (and quite dramatically) brought their paralyzed friend to Jesus AND the faith of the paralytic who allowed himself to be carried to the Messiah. Upon seeing their faith, Jesus met them with mercy and responded with a miracle.

Such is the reality of intercessory prayer. There are times when we get to embody the faith of intercessors, bringing others to Jesus through prayer. Yet other times, we are crippled by our circumstances and need to be carried by the faith of our brothers and sisters in Christ. We can be certain that our Savior sees our hearts and trust He will respond according to His steadfast love and faithfulness.

Today, pray like this:

Father, I thank you for blessing me with faith and trust in you, in your work on the cross and your resurrection. I thank you also for those who pray for me. Show me Holy Spirit, who needs my prayers, love and help. Teach me how to pray for them and be the help you want me to be. Bless me with compassion and care for those around me.

devotional 4



James 5:16: *Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.*

So, no one told you life was going to be this way. Whatever you may be experiencing, you're not alone. God calls us into community surrounded by trusted brothers and sisters, and in that community we can lift up one another in prayer so that our lives, by God's grace, can look more like Christ's life. Don't cease praying to God, and when it gets tough look to friends to help lift you up and who will be there for you.

Today, pray like this:

I thank you God that you are forgiving. I thank you Father that you grant grace and new chances for us to move forward daily. I pray that you surround me with godly and trusting friends so I can share and confess my shortcomings and sins to resemble you more and more!

devotional 5



Ephesians 6:18: *And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.*

Have you kept praying for something, alongside friends and family, and it felt like your prayers weren't making it to God? The beauty of prayer is that God answers prayers in His timing and loves when we cry out to Him. It's humbling that God listens to our prayers; he doesn't need to, but he wants to. Keep praying out to him in all circumstances.

Today, pray like this:

Your word tells me to be alert, to always pray in all occasions, for all requests and for all people. Father would you help me not to be discouraged and impatient. Would you infuse hope in my heart... Would you remind me how confident I should be about your power, faithfulness, and abundant love.

A woman in a blue dress is shown in profile, looking upwards with her eyes closed and hands raised in a gesture of worship. The background is a blurred crowd of people, suggesting a church service. The overall lighting is warm and soft.

“Pavement”

Citipointe Worship, Chardon Lewis

Lord, I pray to understand all dimensions of your goodness,
love and grace more and more daily

Father, would you also fill my heart with gratitude for your work in my life daily.

Unanswered Prayer

teaching notes



devotional 1



In the reality of unanswered prayers, it's important to know that God is always present, but sometimes answers just take time.

Exodus 14:10-22

"and all that night the Lord drove the sea back with a strong east wind and turned it into dry land." (v 21b)

In the midst of unanswered prayer, people of God face the temptation to succumb to the anxiety that accompanies impatience. Let Exodus 14 be a reminder that The Lord has a perfect plan (v 16), He is our best defense (v 19), and no matter details of our night or sea, He will make a way. Sometimes answers just take time.

Will I trust God while I wait?

Lord, I entrust you with the timing of Your good work. Please help me to be patient while I wait for Your answer. While waiting, may you do a work within me, making me more like You so that when your perfect plan unfolds, I see You in it and rest in Your sovereignty.

devotional 2



In the reality of unanswered prayers, it's important to know that God is always listening, but sometimes circumstances outside of human control need to shift before the answer is given.

Daniel 10

"Since the first day you began to pray for understanding and to humble yourself before your God, your request has been heard in heaven. I have come in answer to your prayer. But for twenty-one days the spirit prince of the kingdom of Persia blocked my way. (v 12-13)

In the midst of unanswered prayers, the people of God have a unique opportunity to be encouraged. There is an entire world and heavenly realm that The Lord is working in. And while He works, He also sustains (v 19). Sometimes circumstances outside of human control need to shift before the answer is given.

Do I truly believe and live in confidence that He will do what He promises?

El Elyon, the Most High God, You are God and there is no other, not one like You. You know the end from the beginning, and Your purpose will stand! You will bring about what You have planned and will accomplish it in Your perfect time. Lord, help me to believe and rest knowing You have the whole plan while my view is so small. (Isaiah 46:9-11)

devotional 3



In the reality of unanswered prayers, it's important to know that God is always in control, but some prayers require a shift before they're answered.

Genesis 32:24-30

"Then the man said, 'Let me go, for it is daybreak.' But Jacob replied, 'I will not let you go unless you bless me.'" (v 26)

At times, The Lord allows us to wrestle with Him. He leads us in shifting our intent from fighting with God to holding onto God. We find that we were never evenly matched with Him (v 25), and His conquering of us is truly the only way to His blessing. Some prayers require a shift before they're answered.

Am I humbly seeking God in prayer, or am I holding onto my pride, comfort, and control?

Jehovah Jireh, YOU will provide all that I need. You know all that I desire but you also know what is best for me. May I see any false way or lie that has a hold on my heart causing me to hold onto things that are not of You. Please align my heart to your ways so that I can seek and love You with all my heart, all my soul, and all my mind.

devotional 4



In the reality of unanswered prayers, it's important to know that God is always able, but sometimes He waits before giving an answer.

1 Samuel 1:9-28

"For this child I prayed; and the Lord hath given me my petition which I asked of him." (v 27)

In scripture and in present day life, waiting on The Lord is really hard on our hearts and minds AND THAT IS OKAY (v 15). It's important to acknowledge our feelings of despair, to work through those feelings (v 18), and then to continue asking...because sometimes God waits before giving an answer.

Do you clean up your prayers before praying? God already knows your heart; all your fears, worry, feelings of defeat, frustrations...?

Call to Him, cry out in your distress... El Shama, You hear my cries. Yet, Lord, I will not stay in this place of despair. I will proclaim Your goodness and faithfulness and leave all of my fears, anxieties, and requests at Your throne of grace. May I turn my worry to worship and each petition to praise (unshaken). Thank you for renewing my strength each day as I wait and trust in You. Help me to soar, not just survive (Isaiah 40:31).

devotional 5



In the reality of unanswered prayers, it's important to know that God is always good, but sometimes His answer is "no."

2 Corinthians 12:7-10

"But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.'" (v 9)

We have to come to terms with the fact that sometimes we don't get what we ask for, and more times than not, we won't have the reason why. But The Lord does give grace to carry us through every season and situation. The hardship that is a truly unanswered prayer yields an opportunity for a uniquely beautiful dependence on God. Remember this because sometimes His answer is "no."

Do you trust God even when life unfolds differently than the way you hoped and prayed? Could His "no" actually be more loving than a "yes"?

Jehovah Shalom, You are Peace, Your thoughts are nothing like mine, and Your ways are far beyond anything I could imagine (Isaiah 55:8-9). May I trust in Your wisdom and not my own shifting understanding, knowing that You are all good, all kind, and all loving. I will give thanks to you, Lord, for YOU are good. For Your faithful love endures forever (Psalm 136).

“Even When It Hurts (Praise Song)”

Hillsong UNITED, TAYA

Will I choose to wait on the Lord with expectant joy, persistent prayer, and constant praise?

Lord, the weight is heavy... I'm weary. I can't make sense of the way things are...
May I not trust in my own understanding but lean into You.

The waiting causes me to think of all that I am lacking and longing to happen yet Your love for me never wavers. Help me to focus on You; directing my eyes toward who You are and Your Truth. Singing praises to you, letting Your Word wash over me, so that I will wait well.

But as I wait on You, Lord, please renew my strength so I will mount up with wings like eagles, so I can run and not be weary, walk and not faint (Isaiah 40:31).

I want to soar above these circumstances,
bringing glory to You in the wait.

Singing Prayer

teaching notes



devotional 1



READ: (Psalm 95:1-6)

REFLECT:

Whether you are alone in your car or gathering with the church on Sundays at Del Mar High School, Psalm 95 reminds us that we always have the opportunity to sing prayers of joy and confidence to God, for no other reason than the fact that our God is just that...God. He is the creator of the universe! The highest form of power, goodness, truth, love, wisdom, and justice. And yet our God also allows us to personally know him. To be in relationship with him. And this incredible reality of his intimacy is the source of our highest joy!

Awakening, may we be a people who find our joy simply in who our God is. And rest assured that when we display this type of confident, trusting joy, it will point the San Jose community to the source of our joy, awakening them to the presence of their Creator.

RESPOND:

List out the qualities you know and love about God. Spend time telling Him about what you wrote, and recounting how you learned about these qualities. Ask the Lord to reveal more about Himself to you daily, and to increase your desire to know Him more.

devotional 2



READ: (Isaiah 6:1-8)

REFLECT:

Awakening Church, we may never experience the vision that the prophet Isaiah had in the Old Testament, but we can all reflect his posture in the presence of our big and perfect God. When we come to God in prayer through song, let us first focus on the goodness, greatness, and hugeness of our God (verses 1-4). Next, may we also be honest about ourselves, recognizing our brokenness and unworthiness in the presence of a perfect God, (verse 5), and that this brokenness has been healed by the grace and mercy of God (verses 6-7). Finally, may we then be a people that respond to God's grace with an obedient and willing heart to follow God and his purposes, saying "Here I am" (verse 8).

RESPOND:

Adoration - Tell God how you've seen His goodness and greatness in your life and the world.

Confession - Search your heart and confess to Him where you need His grace and mercy.

Thanks - Thank Him for sending Jesus to rescue and redeem you, and receive the forgiveness He has for you.

Supplication - Ask Him to use you for His kingdom purpose.

devotional 3



READ: (Luke 1:46-55)

REFLECT:

Known as “Mary’s Song” or “The Magnificat,” Luke 1:46-55 are the songful words of Jesus’ mother, Mary, responding to the knowledge that through her son, Jesus, God will completely change and renew his world. And how did God usher in his complete salvation and grace to the world? Through a lowly, humble teenage girl surrounded by anonymity and scandal.

Awakening, it is a reminder that God loves to use the obscure and the surprising for his purposes. Don’t underestimate his desire to use you in a powerful way for his purposes. Like Mary, humbly see the greatest of God and his desire to mobilize you, responding with a song of prayerful praise, thanksgiving, and commitment.

RESPOND:

Let’s pray this prayer together as a church: Father God, thank You that You desire to use me! You are powerful and mighty, and You work all things together for the good of those who love You, who are called according to Your purpose. Thank you for desiring to partner with me, even though everything I have to offer is a gift from You. Please show me how to love You and serve You with everything You created me to be. Please make my path straight and give me opportunities to step in to whatever You are calling me to. May You get all the praise and glory. In Jesus’ name, Amen.

devotional 4



READ: (Acts 2:42-47)

REFLECT:

Like the rhythmic flow of the high and low tides on the Santa Cruz coastline, God has ordained his church with a consistent pattern of coming and going; of gathering and scattering. Therefore, when we “meet together in the temple courts... praising God” (verses 46-47), our worship team prepares a space that allows our gathered church to enter deeply into the presence of God. There is something powerful that happens when God’s church gathers and offers up our worship and songs of prayer. The Apostle Paul calls it a “mystery” and is one of the reasons why the author of Hebrews commands us to “not give up meeting together.”

Awakening, let us reflect the essence of this Acts 2 church. To be on mission and scattered, but to also be committed to the gathering, collectively giving God our prayerful worship as one voice in song and prayer.

RESPOND:

Ask the Lord to show/tell you what He sees and hears when you worship. Write words or draw pictures in response. Pray for an increased commitment to worship with your daily life and during corporate worship (with the church).

devotional 5



READ: Psalm 116

REFLECT:

In Psalm 116 the psalmist enters the temple courts and sings out his prayer to God, giving him praise and thanking him for rescuing him from physical death. Hundreds of years later this Psalm is then sung by Jesus and his disciples at the Last Supper, foreshadowing the cross and our rescue from spiritual death. Psalm 116 reminds us that our singing prayers should focus our attention not only on our needs, but also on God's character of compassion and goodness. For us to always have an eternal focus on gratitude, thanksgiving, and surrender. Whatever difficult season we are facing, we can rest assured that a song of rescue is upon us. May we be a prayerful people who have confidence in God's power to restore, and to be quick to respond with songs of thankfulness, gratitude, and dedication.

RESPOND:

Think back to a time or two when you saw the favor of the Lord or know He saved/rescued you. Spend time saying thank you, recalling in detail what the Lord has done for you. If you are waiting on the Lord, thank Him in advance for His goodness and mercy because He turns his ear to hear you.

“This Is How I Thank The Lord”

Mosaic MSC

Prepare your mind and body to worship while singing your prayers with this song; this may mean removing distractions, closing your eyes, raising your hands, kneeling, or anything that you feel led to do to engage.

Tell the Lord that He is worthy of your praise and adoration.

He is always worthy, no matter what we feel or experience. Tell Him why He is worthy (past faithfulness, steadfast character qualities, His presence, grace in your life, etc.).

Ask the Lord to reveal areas of your life where you may be deceived; ask for His truth.

His word says He is the Way, the Truth, and the Life. Commit to seeking His truth in all areas of your life. Ask the Lord to reveal where you may be living in duplicity.

Confess any areas He reveals to you, and ask for Him to guide you through the power of the Spirit to live according to His word.

Spend time thanking Jesus for removing your record of wrongs, your sins, where you have fallen short. When God looks at you,

He sees you cleansed in the sacrifice of Jesus.

Show Him your gratitude.

Recite the lyrics of this song to the Lord:

“All of my affection, everything I have to give,
The sum of my attention, is measured in the praise I lift”
and worship the Lord.

Listening Prayer

teaching notes



devotional 1



"My sheep listen to my voice; I know them, and they follow me."

John 10:27

A shepherd has a specific call for their flock of sheep. The call differs from other shepherds in the surrounding area. The sheep learn to know the voice of their shepherd and come when the shepherd calls. Jesus said, "My sheep listen to my voice; I know them, and they follow me." As you listen for the Lord's voice, you learn what He sounds like and can begin to discern His voice from others'. His voice will match His character and Scripture; it will bring Him glory, and it fills you with peace.

Today, pray like this:

Lord I thank you that you speak to me daily. Help me to sit in your presence throughout my day and to listen to you. Give me discernment to know your voice. You are my good shepherd and I will listen to your voice.

devotional 2



"Be still and know that I am God..."

Psalm 46:10

To really hear someone speak to us, we often need to pause what we are doing, look up from the screen, and put our focus on the person we want to hear. When I am distracted, I'm not present to listen to those around me. The first step to hearing God's voice is to step away from the distractions of life and be still. Our world has so much to say, through social media, through the newstream, through notifications. Take a moment to silence the distractions and be still with the Lord to listen for His voice. He wants to speak to you.

Today, pray like this:

Dear Lord, you are worthy of my time and attention. Please prompt me when I'm distracted to come and be with you. Holy Spirit, point out the things that are distracting me from you, and guide me as I put them aside.

devotional 3



Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. Whatever you have learned or received or heard from me, or seen in me - put it into practice. And the God of peace will be with you.

Philippians 4:8-9

To “think on these things” requires knowing what God says is excellent and praiseworthy in the first place! When we desire to know the mind and will of the Lord, we look first to His Word. God has already spoken. His will and character are revealed in Scripture that is God-breathed (2 Timothy 3:16) and in His Son Jesus Christ Whom the fullness of God was pleased to dwell (Col. 1:19).

Sometimes listening means remembering what God has already said is true, excellent, and praiseworthy. Ask the Lord to remind you of these today.

Today, pray like this:

Father I thank you for your truth that sets me free. I thank you that I am loved, forgiven, and accepted. Help me to remember that I don't have to earn your love. Thank you for giving your love to me as a gift.

devotional 4

However, as it is written: "What no eye has seen, what no ear has heard, and what no human mind has conceived" - the things God has prepared for those who love him - these are the things God has revealed to us by his Spirit. The Spirit searches all things, even the deep things of God. For who knows a person's thoughts except their own spirit within them? In the same way no one knows the thoughts of God except the Spirit of God. What we have received is not the spirit of the world, but the Spirit who is from God, so that we may understand what God has freely given us. This is what we speak, not in words taught us by human wisdom but in words taught by the Spirit, explaining spiritual realities with Spirit-taught words. The person without the Spirit does not accept the things that come from the Spirit of God but considers them foolishness, and cannot understand them because they are discerned only through the Spirit. The person with the Spirit makes judgments about all things, but such a person is not subject to merely human judgments, for, "Who has known the mind of the Lord so as to instruct him?" But we have the mind of Christ.

1 Corinthians 2:9-16

A key to every relationship is hearing and knowing the inner thoughts of another person. To have healthy relationships, we must learn how to be good, active listeners. In our humanity, we are unable to know the thoughts of God, "but we have the mind of Christ" (v 16). When you decided to follow Jesus, the Spirit of God came to reside in you. Through the Spirit being living and active in your life, you are able to know the thoughts of God as the Spirit reveals them to you.

Today, pray like this:

God I surrender to you. My life is yours. Your thoughts are higher than my thoughts. Your ways are better than my ways. I humble myself before you and ask you to give me wisdom that I may know your thoughts and ways.

devotional 5



Therefore I intend always to remind you of these qualities, though you know them and are established in the truth that you have. I think it right, as long as I am in this body, to stir you up by way of reminder, since I know that the putting off of my body will be soon, as our Lord Jesus Christ made clear to me. And I will make every effort so that after my departure you may be able at any time to recall these things.

2 Peter 1:12–15

Paul writes these words after reminding his audience the truth of Jesus' gospel. Oftentimes when I am waiting to hear from God I am expecting some new and fresh revelation. However, there is such a deep significance in listening to the firm and foundational truths about who Jesus is, what He has done for me, and how my life is forever changed. More often than not, what I need to hear from God is more of a reminder of the things that He has said over and over again.

As you sit and listen today, what reminder might you be needing from the Spirit right now?

Today, pray like this:

Lord, as I sit and listen to you today, I know that everything I think I need pales in comparison to all that you are. I ask that you speak to me, leading my heart and mind to whatever you would have me dwell on.

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