

# CONTEMPLATIVE PRAYER GUIDE

**Prayer** is not a ritual, or a performance to appease God. Prayer is God's offer for us to relate with him directly. Reflect on Matthew 6:5-15, and follow the below prompts to pray like Jesus instructed us.

**Your Name:** Identify a name of God that you identify with, acknowledge this reality by reading the text and then rephrasing this truth in your own words as it relates to your experience.

- **El Roi:** God sees us where we are at (Genesis 16:1-16)
- **El Shaddai:** God is all-powerful (Genesis 17:1-27; Psalm 91:1-16)
- **Yahwah Jireh:** God provides (Genesis 22:1-19)
- **Abba Father:** Abba is God's personal, loving care for us (Hebrews 12:4-12; Romans 8:15; Ephesians 3:14-19)
- **Good Shepherd:** Our protector lays down his life for us, leads us (John 10:11)

**Your Kingdom:** Identify the values in God's kingdom from the scriptures below that should exist in place of specific difficulty you face. Call upon God for his values to be revealed in this difficult situation.

- **Hope:** Not anxious, but trusting God today, hopeful for tomorrow (Matthew 6:25-34)
- **Reconciliation:** Not having anger towards others (Matthew 5:21-24; 31-32)
- **Generosity:** Giving to the needy (Matthew 6:1-4, 19-21)
- **Truth:** Not spreading falsehood (Matthew 5:33-37)
- **Forgiveness:** Not retaliating against injustice (Matthew 5:38-42)

**Your Will:** Reflect on the desires God has for us based on the scriptures below. Identify the specific desires you have for your life, and acknowledge "his will be done," in each of your hopes and dreams.

- **Salvation:** "This is good and pleases God our Savior, who desires all people to be saved," (1 Timothy 2:3-4)
- **Thanksgiving:** "Give thanks in all circumstances, for this is God's will for you in Christ Jesus," (1 Thessalonians 5:18)
- **Discipleship:** "Whoever wants to be my disciple must deny themselves," (Luke 9:23)
- **Wisdom:** "If any of you lacks wisdom, you should ask God who gives generously to all," (James 1:5)
- **Spirit-led:** "Understand the Lord's will: be filled with the Spirit, singing in your heart to God, giving thanks," (Ephesians 5:15-20)



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## (Continued)

**Give Us:** Consider what you need, and ask God for specific, particular needs so that you can identify how he provides for you. Provision to consider: health, integrity, faith, humility, generosity, love, joy, contentment, physical healing, knowledge, patience, peace, self-control, finances.

**Forgive Us:** Reflect on the kind of life God commands us to live by reviewing the below commands of Christ. Confess any disobedient acts and attitudes to God, and ask for his forgiveness.

- Love your neighbor (Matthew 22:39)
- Honor your parents (Matthew 15:4)
- Go the second mile (Matthew 5:38-42)
- Make disciples (Matthew 28:19)
- Forgive offenders (Matthew 18:21-22)

**Deliver Us:** Acknowledge the below promises in scripture as it relates to an area in your life that imprisons you from experiencing His freedom. Yield control to God in this area according to his promise.

- **Forgiveness:** “He is faithful and just and will forgive us our sins,” (1 John 1:9)
- **Provision:** “And my God will meet all your needs,” (Philippians 4:19)
- **Peace:** “The peace of God will guard your hearts and minds in Christ,” (Philippians. 4:7)
- **Strength:** “My grace is sufficient for you, for my power is perfect in weakness,” (2 Corinthians 12:9)
- **Purpose:** “And we know that all things work together for good,” (Romans 8:28)

**Lead Us:** Considers the plans you have for the day, the week, the month or year. Ask God to guide your behavior, your attitude, and your decisions as you think through what you hope to do. Areas of life to consider: friendships, financial decisions, job, hobbies, habits, dating, being single, marriage, school, kids, time management, the unknown, future, physical health, where to live.

For a more detailed Contemplative Prayer Guide, visit [www.cbcbellevue.com/resources](http://www.cbcbellevue.com/resources)

