

## Reflect & Pray

- What areas of your life do you need to yield to Jesus? What desires or fears do you need to surrender to Him? Take a moment to give these things to Jesus, knowing that He cares for you.
- Is there any other area where the Holy Spirit might be working in your life? Ask God for the strength to live in step with His Spirit as you follow the way of Jesus.
- Close by yielding your whole life to Jesus, giving everyone and everything to Him.

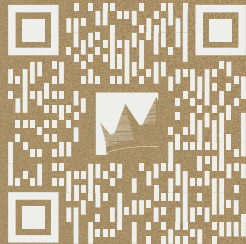
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### As you move on from this time of prayer, remember the words of Jesus:

...behold, I am with you always, to the end of the age.  
(Matthew 28:20b)

## MORE RESOURCES

Read more on the P.R.A.Y. model, engage with stories about prayer, learn about the artwork, and more using the QR below or at [parkchurch.org/pray](https://parkchurch.org/pray)



PARK CHURCH

# DAILY PRAYER GUIDE

While communion with God can take many forms, having a basic plan for daily prayer is a helpful way that followers of Jesus have sought to cultivate a praying life. This guide is designed to help you develop and strengthen some basic rhythms of daily prayer through a simple and adaptable model. The model follows the acrostic P.R.A.Y.

1. **Pause** to practice the presence of God.
2. **Rejoice** in the goodness of God.
3. **Ask** for your needs, the needs of others, and the needs of the world.
4. **Yield** control to God, surrendering to His wisdom and goodness.



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## PAUSE TO PRACTICE THE PRESENCE OF GOD

But Jesus often withdrew to lonely places and prayed.  
(Luke 5:16)

Create space to pause and give your undivided attention to the presence of God. Do your best to remove any distractions that may hinder this time with Jesus. Find a posture that helps you to be both engaged and relaxed.

Use a breath prayer to help draw your attention to God's presence. A breath prayer is simply a word or a phrase that you can pray as you breathe in and breathe out to help you remember that God is with you (e.g., "Father in heaven," "Jesus," "Lord have mercy," "here I am Lord," or "come Holy Spirit"). As distractions arise and thoughts drift, repeat a breath prayer to help bring your attention back to God.

Pay attention to the different thoughts and feelings that arise during this time of pausing – conviction, shame, burdens, anxieties, fears, longings, joys, and griefs.

These moments of silence often allow us to see our inner lives more clearly, offering us an invitation from the Holy Spirit to meet with God with honesty and vulnerability.

Take some time to breathe slowly, calming your body, mind, and heart before the presence of God.

### Reflect & Pray

- What thoughts or emotions come to your mind as you pause to be still before God? Be honest with Jesus about what you are thinking and feeling as you enter this time of prayer.
- Remember that prayer is conversational. Is there anything that the Holy Spirit might be speaking to you or bringing to your mind during this time?
- Where do you feel conviction from the Holy Spirit? Confess the reality of your sin before Jesus, trusting in His steadfast love and mercy secured for you on the cross.

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## REJOICE IN THE GOODNESS OF GOD

Rejoice in the Lord always; again I will say, rejoice.  
(Philippians 4:4)

God's glory and goodness are on display all around us, and we were made to honor Him and praise Him for who He is and what He has done.

Reflect on who God is and what He has done in the world and in your own life. Meditating on a Psalm or another passage of Scripture can help feed your soul truths about who God is and what He has done throughout history.

### Reflect & Pray

- How have you seen God's character displayed in creation, throughout redemptive history, and in your own life? Rejoice in specific aspects of who He is.
- Where has God worked in your life or in the lives of others? How has God provided for you? What good gifts has He given you? Rejoice in what God has done for you and for others.

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## ASK FOR YOUR NEEDS, THE NEEDS OF OTHERS, & THE NEEDS OF THE WORLD

Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.  
(Matthew 7:7-8)

God isn't a genie who emerges from a lamp to grant all of our requests. Rather, He is a good and powerful Father who delights when His children come to Him to ask for His help, guidance, and provision.

We were made to live in dependence on God. We express this posture of dependence when we ask Him to meet our needs and when we ask for Him to move in power and love to bring about His Kingdom and His will in our lives, in the lives of others, and in the world.

### Reflect & Pray

- Where do you want to see God work in your life? Ask Him.
- Where do you want to see God work in the lives of others? Ask Him.
- Where do you want to see God work in the world? Ask Him.

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## YIELD CONTROL TO GOD, SURRENDERING TO HIS WISDOM & GOODNESS

Nevertheless, not my will, but yours, be done.  
(Luke 22:42)

To yield our lives to God is to say that we trust Him more than we trust ourselves. This can seem like an overwhelming task, especially when surrendering core desires and fears.

However, the more that we learn to surrender our lives into the hands of our good and wise Father, the more we find true freedom and peace, even when life doesn't turn out the way that we had hoped. And when we follow Jesus in the way of surrender, we find ourselves on the path that leads to deep and lasting joy.

