



- ❖ Set aside three hours of uninterrupted time (This is your biggest challenge!)
- ❖ Gather your Bible, a notebook, this Prayer Personality Guide, a pen, and find a place to spend your time with the Lord.
- ❖ Visit the Mitchell Road YouTube page and locate the “Finding Your Prayer Personality” video.

Develop a Life of Prayer		
<i>Minutes</i>	<i>Practice</i>	<i>Suggestions</i>
45	Prayer to adore and prepare your heart	Praise 10 Min. (Ps. 150) Waiting: 5 Min. (Ps. 46, 62) Confession: 10 Min. (Ps. 32, 51) Intercession: 10 Min. (Ps. 73) Thanksgiving: 10 Min. (Ps. 139)
30	Work through the opening questions in <i>Taking Your Prayer Pulse</i>	
15	Break	Get a drink, take a walk, etc.
30	Think through <i>Developing Your Prayer Heart</i>	
15	Quiet Rest & Listening or Pick a section of Scripture to enjoy	Gen. 1-3, 15; Deut. 5, 8, 11; Jer. 31; Is. 40; Lam. 3, Matt. 5-7; John 1, 17; Luke 24; Acts 2; Rom. 8; Eph. 1; Phil. 2; Rev. 21
30	Work and think through <i>Building Your Prayer Structure</i>	
15	Relax: spend some time resting	

Taking Your Prayer Pulse

- ❖ What time of the day do you typically function the best?
- ❖ Do you focus better while moving (e.g. walking), sitting still, or writing?
- ❖ Do you focus better in the quiet or with some noise or music?
- ❖ Are you easily distracted? What distractions do you need to remove?
- ❖ What type of communication do you enjoy? (Long deep conversations, getting to know someone, small talk, debating with others, trying to solve problems, etc.)
- ❖ When you pray, do you tend to default to people, places, or things?
- ❖ Have you ever had a highlight of your prayer life? If so, describe it...
- ❖ Do you prefer diversity or structure in your schedule and daily life? (i.e. do you wake up at the same time, generally go to the same restaurants, enjoy travel and new adventures, cook with a recipe or wing it?)
- ❖ What do you want most from your prayer life?

Developing Your Prayer Heart

Past Remembrance: Starting with the Character of God

Future Hope: Working through the future New Heavens and Earth

Present Sacrifice: Bringing before the Lord situations in life

What are the things you want to remember about God (past remembrance)?

What are the areas you want to grow in (future hope)?

What are your concerns for the people, places, and things in your life (present sacrifice)?

Prayer Personalities



The Beggar

Prayer List: Working through a list of daily supplications, needs, concerns

- ❖ Ezekiel 1
- ❖ Hannah - 1 Samuel 2



The Advocate

Prayer books or written prayers: A published prayer guide for each day of the week

- ❖ *A Hand Book to Prayer* (Ken Boa), *Valley of Vision*
- ❖ Ephesians 1:15-20
- ❖ John 17



The Chef

Prayer Cards: 3X5 cards for each week or day of the month

- ❖ *A Praying Life* (Paul Miller)
- ❖ Philippians 4:6-7 “Present your petitions”
- ❖ 1 Thessalonians 5:16-18 “Pray without ceasing”



The Artist

Prayer Journal: Writing down your prayers as you go along

- ❖ Luke 18:9-13—Tax collector
- ❖ Acts 7:59-60



The Athlete

Written Prayer: Writing down a standard prayer for your life (works well morning, noon, night)

- ❖ Psalm 5
- ❖ Peter Acts 2:15

The Gardener

Prayer with Psalms: Using the Psalms to work through each time you pray. Using the Psalms daily as a way to cultivate God's word into life through emotions.

- ❖ Psalm 1
- ❖ Pray a few Psalms a Day



The Soldier

Prayer with React and Relax: Reacting to the current needs and focusing on a few prominent concerns. Having some times of rest and silence is important.

- ❖ Use of Missionary Prayer Cards or other visual reminders
- ❖ Hezekiah's Prayer 2 Kings 19:14-19, 34-35



Building Your Prayer Structure

Which rhythm works best for you?:

3 times a day: using the old model of morning, noon, and night

1 time a day: carving out a specific time during each day

1 weekly extended time: taking a long section of time to process through prayer

Other:

What prayer posture keeps you most engaged?

Sitting

Walking

A combination?

Kneeling

Laying

Are there ways you can include your community in part of your prayer life?

Prayer groups

Prayer partners

Are there resources that you need to gather to get started?

Notebook, journal, cards, pictures, etc.

Is there someone you want to share your plan with?

Example: Published Prayer

Valley of Vision

*Lord, high and holy, meek and lowly,
Thou hast brought me to the valley of vision,
where I live in the depths but see Thee in the heights;
hemmed in by mountains of sin I behold Thy glory.
Let me learn by paradox that the way down is the way up,
that to be low is to be high,
that the broken Heart is the healed Heart,
that the contrite spirit is the rejoicing spirit,
that the repenting soul is the victorious soul,
that to have nothing is to possess all,
that to bear the cross is to wear the crown,
that to give is to receive,
that the valley is the place of vision.
Lord, in the daytime stars can be seen from deepest wells,
and the deeper the wells the brighter Thy stars shine;
let me find Thy light in my darkness,
Thy life in my death,
Thy joy in my sorrow,
Thy grace in my sin,
Thy riches in my poverty,
Thy glory in my valley.*

Example: Prayer Journaling (Written by Andy during Covid)

A Prayer for Health Care Workers

Father,

Today we pray for those who are caring for our health: scientists, nurses, doctors, administrators receptionists, pharmacists, and researchers. While we sleep and while we rest, they work. They go to the front lines every day to protect and to guide.

You're the Great Physician, but their hands are wonderful and strong. So strengthen their hands to do your work. Give them patience for the crazy questions and the people that assault them with fear. Make their minds sharp, their hearts sensitive, and their hands steady. When they take off their scrubs and their masks, help them to know that they've done great work for the common good and that it is not just something for humanity, but a reflection of your glory.

Give them rest where they can get it and keep them sanctified and strong. Give them a common dose of reality and sensibility, which allows them to put others at ease.

We thank you for their training, their love and their care, and we ask that you would watch over them today.

In Christ our Great Physician, Amen

Example: Prayer Lists

Monday

- The Jones' marriage
- The Holy Spirit to change my attitude towards XX
- Bailey's Drs. Appt
- Stephen's anxiety
- Our pastors
- Mary Z. patience with kids

Tuesday

- 9:45 meeting with XX (kindness and honesty)
- Reaching out to XX
- Meditating on XX passage instead of worrying
- Thankfulness for Bailey's appt and continued healing

Wednesday

- Leading Bible study tonight
- The Jones' marriage
- Tension in our country

Example: Prayer Cards

Personal

- Patience with the kids
- Holy Spirit's help with XX
- Honoring God with work decision/attitude
- Wisdom in conversation with to Pat

Mom/Dad

- continuing to be patient with each other
- personal relationships with God

That they would accept one another just as Christ accepted you to bring praise to God (Romans 15:7)

Non-believers

- Opportunities to talk with James
- Meeting the new neighbors (boldness)
- Inviting the Wilsons to Easter
- courage to meet new people

Bible Study Group

- Debby - perseverance in XX struggle
- Suzie - making God a priority in her day

That we would spur one another on towards love and good deeds and not giving up meeting together, but encourage one another (Heb.10:24-25)

Example: Standard/Daily Personal Prayer (Written by an MRPC member)

Morning Prayer: Dear God, I enter this day reminding myself of my dependance on you. Forgive me for acting like I am God and guide me in humility toward acknowledging you throughout my day. (Proverbs 3:5-6) Without you I am selfish, arrogant, anxious and fearful. My help will come from you. (Psalm 121:1-2) I cannot produce fruit apart from the vine. (John 15:4) Give me eyes to see you today. Amen.

Mid-day Prayer: Father, I am so thankful that you that you did not judge Thomas in his doubts. Help me remember that faith is confidence in what we hope for and assurance of what we do not see (Heb. 11:1-2). Help me believe that you reward those who earnestly seek you (Heb. 11:6). Give me faith that trusts despite doubts. Help my doubts not turn to unbelief. Show me that Jesus is real. Help me look for light and never be content with darkness. Amen.

Evening Prayer: God you know my tendency to re-think and overanalyze every interaction I had today and either puff myself up or beat myself down. Convict me where needed and help me to keep short accounts with my family, friends, co-workers. May I be quick to repent and quick to forgive. Help me to lay down those burdens, trusting them into your hands. Thank you that there is now no condemnation for those who are in Jesus. (Rom. 8:1). Help me rest without an anxious heart and full of the peace of God. (Phil 4:6,7). Amen.

Find Me Lord – Ted Loder

*Oh, Eternal One,
it would be easier for me to pray
if I were clear and of a single mind and a pure heart;
if I could be done hiding from myself and from you, even in my prayers.*

*But, I am who I am,
mixture of motives and excuses,
blur of memories, quiver of hopes,
knot of fear, tangle of confusion,
and restless with love, for love.*

*I wander somewhere between gratitude and grievance,
wonder and routine, high resolve and undone dreams,
generous impulses and unpaid bills.*

*Come, find me, Lord.
Be with me exactly as I am.
Help me find me, Lord. Help me accept what I am,
so I can begin to be yours.*

*Make of me something small enough to snuggle,
young enough to question, simple enough to giggle,
old enough to forget, foolish enough to act for peace,
skeptical enough to doubt the sufficiency of anything but you,
and attentive enough to listen
as you call me out of the tomb of my timidity
into the chancy glory of my possibilities
and the power of your presence.*

Amen.

Is this structure sustainable for you?

Remember – it's just a structure, feel free to draw near to God at any point. He is a good, good, Father.

Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. Hebrews 4:14-16

We would love to hear what you learned!

It would be very helpful to us to hear from you! Scan this QR code to answer a three question survey about this experience!

