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# Take Time to Pray

Take time to express your love for God and connect with Him through prayer.

The logo for the Spiritual Formation Toolkit, featuring the text "SPIRITUAL FORMATION TOOLKIT" in a sans-serif font, centered between two small black dots on a light brown background.

● SPIRITUAL FORMATION TOOLKIT ●

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## Welcome to this Toolkit

Prayer plays a foundational role in the growth of our faith and it is a gift given to us by God to commune with Him through knowing His heart and bringing our hearts before Him. The importance of prayer can be likened to the building of a relationship with your best friend - the friendship flourishes because of the developing connection through authentic and vulnerable communication.

Many associate prayers with following a strict structure that involves saying the right words to God, but prayers transcend structures and the importance resides not in the articulation of words, but in the posture of your heart before God. There are many ways and forms of prayers that are available and have been used by Christians over the centuries. The tools listed below are to help you explore how you best express your devotion to God and connect with Him on a regular basis through prayer.

## Action Steps

### Step 1. Pray the Lord's prayer

You can start by simply spending a few minutes a day praying through the prayer.

Matthew 6:9b-13 (NIVUK. version):

<https://www.biblegateway.com/passage/?search=Matthew+6&version=NIVUK>

*“Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as it is in heaven.  
Give us today our daily bread.  
And forgive us our debts,  
as we also have forgiven our debtors.  
And lead us not into temptation,  
but deliver us from the evil one.”*

If you would like to spend more time on this prayer, see the ‘Going Deeper’ section for a 60-minute guide:  
<http://vinechurch.life/resources/toolkit/take-time-to-pray/going-deeper>

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## Step 2. Set aside a regular time of prayer daily

### *Resources*

- i. Reimagining the Examen App - Ignatian Spirituality:  
<https://www.ignatianspirituality.com/reimagining-examen-app/>
- ii. The Daily Office:  
<https://www.northumbriacommunity.org/offices/how-to-use-daily-office/>

## Step 3. Keep a prayer journal

### *Resources*

- i. YouVersion App - Prayer List:  
<https://www.bible.com/prayers>
- ii. Inner Room App:  
<https://innerroom.app/>
- iii. Prayer journal from Rachel Wojo:  
<https://rachelwojo.com/wp-content/uploads/2016/08/Prayer-journal-workbook-8-23-16final-3.pdf>

## Step 4. Meditate on the Word and pray Scripture

### *Resources*

- i. Lectio 365 App:  
<https://www.24-7prayer.com/dailydevotional>
- ii. Pray 'Dangerous Prayers' as outlined in Episode 18 of the sermon series, **Story of Jesus**:  
<https://vimeo.com/showcase/5002949/video/210591127>
- iii. Teaching video on Praying the Bible:  
<https://www.youtube.com/watch?v=A-HziKu5Ot0>

## Step 5. Get creative with your prayers


### *Resources*

- i. Creative Prayer Ideas - 24/7 Prayer:  
<https://www.24-7prayer.com/creativeprayerideas>

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## Step 6. Pray regularly with another friend or in a group

### *Resources*

- i. Prayer Course - 24/7 Prayer:  
<https://prayercourse.org/>
- ii. Lectio Divina as a group exercise:  
<https://static1.squarespace.com/static/5a5ca363d0e628da109c4d05/t/5dbfff26e9a2667a919d7a5d/1572863789258/Lectio+Divina.pdf>

## Going Deeper

### 1. Spend an hour praying the Lord's Prayer

#### *Resources*

- i. Here is a 60-minute prayer guide:  
<https://www.24-7prayer.com/downloads/60%20Minute%20Prayer%20-%20The%20Lord's%20Prayer.pdf>

### 2. Plan a half day or full day prayer retreat

#### *Resources*

- i. Use The Vine's 'Enter the Quiet' Booklet:  
<https://vinechurch.life/resources/resources-archive>

### 3. Join The Vine's prayer meetings

#### *Resources*

- i. Monthly Prayer meetings that meet Every first Wednesday 12:30pm to 1:30pm. Stay tuned to Sunday Services announcements and please check:  
<https://vinechurch.life/whats-happening>
- ii. Quarterly Church-wide Prayer Nights. Stay tuned to Sunday Services announcements and please check:  
<https://vinechurch.life/whats-happening>

### 4. Take a look at our sermon series called Pray, from May 2019

You can watch the talks either together or individually, and you can come together for discussions using the small group study guide.

#### *Resources*

- i. Pray Sermon Series links:  
<https://vinechurch.life/sermons?category=pray>