

Welcome!

Prayer must be a pretty good thing. Everybody says so. But if your life is busy and your mind is busy and your house is busy, prayer may not be such a good thing for you. It may be somewhere between cardio-exercise and “fewer Doritos” in your list of things you hope to get to someday. Notice I didn’t say, “no Doritos;” let’s be realistic!

But here we have the luxury of an hour for us to slow down, enter the thoughts of God and invite Him to inhabit our thoughts. Not as equals or pals, but as you, meeting the God of the universe. It’s an opportunity not to be squandered.

Because it can be intimidating to think about praying for an hour, we instead invite you to break it down into six shorter conversations. Don’t worry too much about the time suggestions. This guide was made for you, you weren’t made for the guide.

-David & Yvonne Roller

Conversation 1 - Ten Minutes of Amazement

If you’re able, kneel.

Kneel also in your heart, submitting your will to His will.

Turn your thoughts upward, toward the majesty of God.

*Your unfailing love, O LORD, is as vast as the heavens;
your faithfulness reaches beyond the clouds.
Your righteousness is like the mighty mountains,
your justice like the ocean depths.
You care for people and animals alike, O LORD.
How precious is your unfailing love, O God!
All humanity finds shelter
in the shadow of your wings. (Psalms 36:5-7)*

*Imagine, the King of all things is listening to you.

*Thank this God for inviting you into His presence.

*Talk with Him about the privilege you feel in His welcome.

*Tell Him how much you enjoy His creation, especially during this fall season.

*Thank Him, as we approach Thanksgiving, for any food you’ve had, any shelter you’ve had, any friends you’ve had, any family you’ve had, any safety you’ve enjoyed, any pleasures you’ve experienced, and any growth-steps you’ve recently taken.

Conversation 2 - Ten Minutes of Confession and Chagrin

If you’re able, stand with head bowed.

Turn your thoughts inward, toward your humanity.

*Think again, you fools!
When will you finally catch on?
Is he deaf—the one who made your ears?
Is he blind—the one who formed your eyes?
He punishes the nations—won’t he also punish you?
He knows everything—doesn’t he also know what you are doing? (Psalms 94:8-10)*

- *Any ongoing brokenness that you'd rather not think about? Tell God about it.
- *Any lingering parts of your personality that you need to confess and turn away from?
Put them "out there" for your Good Father.
- *Beyond things you've done, are there things you haven't done that you should have done? Lament those opportunities you've lost.
- *Recognize that you are undone and hopeless without Divine intervention.

Conversation 3 - Ten Minutes of "Me, even me!"

If you're able, stand with hands raised in gratitude.

Turn your thoughts toward Jesus and His promise of forgiveness.

*Restore to me the joy of your salvation,
and make me willing to obey you. (Psalm 51:12)*

*Grasp the reality that your confession, sorrow, repentance, and lament are now being lifted from you.

*Wrap your head around the truth that forgiveness for any and all junk in your life is yours. Enjoy that truth. You're now clean.

*Pause long enough to "feel" what it means to have been restored into the family of your loving father in heaven.

*Commit to being a part of the redemption of others. This is too good to keep to yourself.

Conversation 4 - Ten Minutes of "Please!"

Sit quietly with head bowed, relax as with a friend.

Look outward toward the needs that are pressing on you.

*O LORD, do not stay far away!
You are my strength; come quickly to my aid!
Save me from the sword;
spare my precious life from these dogs.
Snatch me from the lion's jaws
and from the horns of these wild oxen. (Psalms 22:19-21)*

*Ask for grace on behalf of those you love who are languishing far from Jesus.

*Ask for refreshment for yourself; a new breeze of faith to fill your sails.

*Ask for healing and hope in the most difficult relationship in your life.

*Ask for The Arbor Church; that our "being rooted together in Jesus" may go deeper and that we may be better channels of that "abundant life for our community."

*Ask that our pastors and staff might enjoy delight in joining Jesus in ministry.

*Ask for guidance for the leaders of our local towns and our state. Pray for those who are in authority, regardless of whether you like them or not.

*Ask for the nations of the world; that political leaders may be men and women who govern by principles of the Kingdom of God. Pray against the forces of Satan.

Conversation 5 - Ten Minutes of Silent Surrender

Raise your hands upward (the “holdup” position) in a sign of your own dependence on God.

*I wait quietly before God,
for my victory comes from him.
He alone is my rock and my salvation,
my fortress where I will never be shaken. (Psalms 62:1-2)*

- *Look quietly toward God’s desires for you, as a part of something bigger.
- *Ask Him to show you any area of your life He cannot bless.
- *Surrender yourself to Him and receive what He has for you. Be unsettled. Be changed. Know you’re not always right.
- *Stop thinking of yourself as the center of everything. Remove yourself from the center and insert Jesus. He is your rock, your salvation, your fortress.
- *Slow your racing thoughts and give in to His voice. The voice of the Spirit is often perceived as a thought you would not have originated...it comes at you sideways (this doesn’t mean every weird thought is from the Spirit, but be alert for them).
- *Reflect on how God may be calling you to a deeper surrender to Him, even now.

Conversation 6 - Ten Minutes of Renewed Unity

Stand again, preparing to re-enter the fray of life in unity with God’s people.

*I prayed to the LORD, and he answered me.
He freed me from all my fears.
Those who look to him for help will be radiant with joy;
no shadow of shame will darken their faces.
In my desperation I prayed, and the LORD listened;
he saved me from all my troubles.
For the angel of the LORD is a guard;
he surrounds and defends all who fear him.
Taste and see that the LORD is good.
Oh, the joys of those who take refuge in him! (Psalms 34:4-8)*

- *Recognize any changes in yourself during these last 60 minutes. Don’t rush this answer.
- *Wait until you can affirm unity with the church. If you’re still too burdened to feel that oneness, release your burden again-shift the yoke to Jesus’ shoulders.
- *Lean into faith and anticipate what He will do. Be adventurous in your expectations!
- *Affirm that God is at work, whether you can see it or not. Acknowledge that you don’t know all that’s going on in the heavenly realm; much of it will be unseen by you.

Say “Amen,” but don’t be done.
Walk out, but not out of His presence.