

Guidelines For Creating A Prayer List

Lack of consistency is one of the great weaknesses in most of our prayer lives. We jump around a lot. One day we may be lifting Prayer Request X as the most urgent need. Two weeks later, we may be on to something entirely different, having completely forgotten Prayer Request X. Then we wonder why our prayers never seem to produce results.

Throughout the history of our faith, the most effective prayers have emphasized *focus* and *consistency*.

So why not get better organized by creating Quarterly Prayer Lists? At the start of each calendar quarter, sit down and prayerfully wrestle with the questions below, jotting notes as you go. After you have considered these questions carefully, use the format provided on the reverse side of this page to create your Prayer List.

Then, at least once a day, even if just briefly, spend a few minutes moving through your Prayer List. Of course, there is much more to prayer than asking. Prayer is about listening. Prayer is about processing, sharing thoughts and feelings with God. Prayer is about envisioning and meditating. But asking also has its place (Matthew 7:7-11). A Prayer List can give greater focus and power to the asking part of our prayers.

Personal questions to consider when creating your prayer list:

1. What is your greatest source of stress right now?
2. What do you fear the most right now?
3. What is the greatest challenge you face over the next three months?

4. What do you need or desire that you don't have right now?
5. What change do you most need to make in your life?
6. What is the most important thing God wants you to do in the next three months?

Now broaden your focus beyond your personal life and immediate sphere of influence:

As God looks down on this earth, what do you think God is most concerned about? List these concerns, then consider which God might want you to focus on in your prayers?

Now you're ready to create your Prayer List:

From your answers to these questions, identify several things you really want to focus on in prayer over the next three months. Record them on the next page under Key Requests.

You'll notice a line for *Breath Prayers*. A Breath Prayer is a one sentence prayer that you repeat several times each day as you move through the day. This can be a powerful way of changing ingrained attitudes and behaviors. For example, a breath prayer might be: "God help me be less afraid," or "Good Shepherd, help me to simplify."

At the bottom of the Prayer List, you'll notice a section entitled *Routine Ongoing Requests*. That's where you may want to record general ongoing matters that you wish to remember. For example, you may want to pray for your Mother—not because she faces a specific challenge, but just in general. Or you may want to pray for your job—again, not because you face a specific challenge, but just because it is an important ongoing part of your life.

My Prayer List

Beginning Date _____ Ending Date _____

Key Requests Requiring Prayer Focus

1. _____

Progress notes: _____

2. _____

Progress notes: _____

3. _____

Progress notes: _____

4. _____

Progress notes: _____

5. _____

Progress notes: _____

6. My Breath Prayer: _____

Progress notes: _____

Routine Ongoing Requests

