

7-5-2

PRAYER@HOME CHALLENGE

Commit to **prayer@home** as a habit using the **7-5-2 plan**...

7 Pray seven days a week praising God for His goodness in your life.

5 Pray five days a week for the Lord to show you how to love and minister to your surrounding communities.

2 Pray two times a week with a close friend or family member, in person or on the phone.

CAUTION

Because of the intimacy of prayer and how it knits hearts together, be careful about praying alone with a member of the opposite sex. This could bring up confusing emotions, including false attachment

Use caution when praying for a specific member of the opposite sex. Sometimes the enemy can turn a genuine concern for another into an unhealthy obsession.



GOING FURTHER RESOURCES

- Too Busy Not to Pray* by Bill Hybels
- The Circle Maker* by Mark Batterson
- The Battle Plan for Prayer* by Stephen and Alex Kendrick
- The Daniel Prayer* by Anne Graham Lotz
- Fervent* by Priscilla Shirer
- A Praying Life* by Paul E. Miller

    

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SINGLES




BECOMING INTENTIONAL ABOUT PRAYER
LOADING...

SINGLE PARENTS



- » Praying with your children is a tangible way to demonstrate your faith by modeling how you seek Him first through prayer.
- » When you pray with your children, encourage them to pray openly about their feelings. Model your own dependency on God as you pray.
- » Always keep your children's trust by not repeating their prayer concerns to others.
- » When the other parent is missing, or is not a safe person, you can pray that God will fill those gaps. Pray specifically about your children's needs. Watch how God provides.
- » Invite a few single parents to pray together.

SINGLE



- » Singleness provides frequent opportunities to be still before the Lord. Journaling is a safe place to release feelings and to pray.
- » When you do not have the distraction of a mate, you are able to build intimacy with God in a different way.
- » Invite others over to pray. Praying with friends unifies and strengthens bonds.
- » When making important decisions, ask for guidance. Pray with expectancy; look for His answer.
- » Read the Gospel of Luke. Be encouraged by how God used Luke, a single man. What prayers do you find in this book?

WIDOWED



- » Ask God to meet your needs, and thank Him for His answers. Keep a journal of how He provides.
- » Find others who are widowed to walk through this grief season with you. Sharing your grief journey and praying together will encourage you and give you hope.
- » Remember how God loves and cherishes you. Look for biblical passages referencing how He comforts those who are hurting.

DIVORCED



- » When a person goes through a painful divorce, it can be accompanied by confusing emotions and feelings. Anger, guilt, resentment and bitterness can fuel a silent war within your mind. Expressing those feelings through prayer and journaling can provide a safe way to express those feelings.
- » Begin a journey of untangling confusing feelings and emotions. Watch how God answers, guides and provides during this time.
- » Ask God to help you heal and move forward. Counteract the negative feelings with thanksgiving for the Lord's daily provisions. Make a list; it will encourage you on the hard days.

Prayer is simply a conversation with God. It is a way we communicate, worship, praise, and know our Heavenly Father. It is our dependence on the One who holds all things together.

Individual prayer is powerful, but Scripture tells us there is a supernatural dynamic when we pray with others.

“Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.” Ecclesiastes 4:12

WHAT TO SAY

There is not a right or wrong way to pray. Prayer is communication with our Heavenly Father. Choose what fits best for you. Consider using an acrostic, as shown below, to help you be more intentional as you pray.

PRAISE: Praise God for who He is and what He has done.

» Begin with a time of giving thanks and praise to God.

Almighty God, we recognize that You are our Creator and Provider.

“Father, hallowed be Your name, Your kingdom come.” Luke 11:2

(Psalm 9:1, Psalm 100:4)

REQUEST: Request God's help for you, your family and others.

» Take turns offering one sentence prayers for each request.

Father, You are the Giver of all good gifts. We bring our requests before You, Lord. We lift the following requests to You...

“Give us each day our daily bread.” Luke 11:3

(Philippians 4:6-7)

ADMIT: Confess your sins to God.

» Pause as each person silently confesses his/her own sins and failures.

Lord, You have promised to forgive those who confess their sins. We come before You and acknowledge the ways we have disobeyed.

“Forgive us our sins, for we also forgive everyone who sins against us.” Luke 11:4

(1 John 1:9, Hebrews 10:22)

YIELD: Commit to His will and His way.

» Describe specific areas (work, school, challenges, etc.) where you can depend on Him.

God, we put our trust in Your will, in Your timing and in Your way. Show us the way and what to do as we follow You.

“And lead us not into temptation.” Luke 11:4

(Psalm 25:4-5, Proverbs 3:5-6)