

# Conversations with the King



## Weekly Prayer guide

### **PLEASE DO THIS ALONGSIDE YOUR YOUNG PERSON**

Our aim with this series is to help our young people develop a rhythm of daily prayer. It doesn't have to be elaborate or grand. To help you guide them in this at home read the "Prayer: Daily conversations with God" resource to get an idea of what we spoke about at AY Sunday. You'll find this in the "Resources" section of the ["Parent and Team Page"](#) on our website.

As it is a daily reading plan we're working through over the next 7 weeks you'll need to read the "Day" we're covering for that week and then refer to this guide for suggested daily prayer pointers for the coming week.

This guide will change and grow as we go through the weeks. Have fun at home partnering with your young person in prayer and "Conversations with the King".



## Day (Week) 1 – Praise and Thanksgiving

For who God is (His characteristics) and the spiritual work He is doing in your life and heart.

- Read Day 1 from the resource
- Psalms are really helpful for finding inspiration for praise and thanksgiving. We showed the young people how to pray through scripture as a means of helping us when we don't know what to pray.
  - Here are a few you can choose from as you go through the week. You can choose a different one every day or, if you want to use the same one every day, that is also fine. You can do as little or as much of the Psalm as you want. The choice is yours. You have to find your own rhythm. The important thing is to get into a daily prayer rhythm.
  - As you read the Psalm do short prayers about the characteristics of God that stand out to you from the scripture. Praise and thank Him.
  - Are there things you identify with from your own faith experience and life. Praise and thank Him.
    - **Psalm 100**
    - **Psalm 103 v 1-5**
    - **Psalm 145 v 1-16**
    - **Psalm 117**
    - **Psalm 121**
    - **Psalm 136 v 1-9**
- We're also going to focus on God's characteristics and praise and thank Him for who He is

He is merciful	He is kind
He is good	He is patient
He is loving	He is gracious
He is compassionate	He is holy
He is glorious	He is almighty God

## Suggested Daily Prayer

**REMEMBER THIS IS A DAILY RHYTHM SO USE THIS GUIDE MONDAY - SUNDAY**

- Find a space to pray
  - Your room, the loo (yes the loo), wearing head phones/ear buds, on your way to school, the lounge, in your head, in your bed. The list is endless. God is everywhere so he'll hear you everywhere (even when you quietly pray to yourself).
- Choose a Psalm from the suggested list or any other Psalm you feel will be helpful.
- Choose a characteristic of God from the suggested list.
- Now take some time to read/pray through the Psalm
  - Remember to include the characteristic you chose
  - Remember to praise and thank God for what He has done in your own spiritual walk (your relationship with Him.)
- Try to choose a different Psalm and characteristic every day, but if you want to stay with the same ones for a few days, that's fine.