

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) 2 – Repent

Offering God the ongoing and chronic struggles of your life.

- Read Day 2 from the resource
- This week's topic is repentance.
 - No one ever like to be told they are or have done wrong and need to say sorry. So, you're NOT ALONE in this.
- What is repentance?
 - Admitting you are or have done wrong.
 - Bringing it to God and turning away from sin with Holy Spirit's help.
- God knows everything about us but **He still loves us deeply**. This is amazing!!
- IMPORTANT: Trusting God with your struggles and sins is NOT A STICK TO BEAT YOU WITH but instead it's **an act of love** that release you to freely worship and communicate with God.
 - It is about investing in your relationship with God.
 - We did an illustration with a tangled rope representing our struggles "clogging" our communication with God. When the rope was untangled the communication line with God was completely released.
- Doing this will allow God to change us from the inside out.
- God is NEVER less interested in us but we lose interest in Him because of our struggles and sins. It "clouds our view" of God, so to speak.
 - When we repent the "clouds" go away and we re-engage in our chats with God.
- We mess-up all the time so it is good to **make repentance a part of our daily prayer rhythm**.
 - Again, not as a stick but as **an act of love**.
- When you finish your prayer time, use these verses to reflect on God's love-
 - **Psalm 36 verse 7 | Romans 5 verse 8 | 1 John 4 verse 9-10 | Zephaniah 3 verse 17 | 1 John 3 verse 1-3 | 1 John 4 verse 16 | Psalm 86 verse 15**
- You can ask someone **you trust** to pray with you about your struggles. Remember, you're NOT ALONE.

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).
- Start with Praise and Thanksgiving (If it will be helpful use a Psalm to help you in this. Look back to [last week's Prayer guide](#) if you want.)
 - Again, remembering God's characteristics are also helpful.
 - Remember the spiritual work He is doing in your heart. Praise and Thank Him for that.
- When you are ready, start to think back over today/yesterday/week so far.
 - Where did you mess-up or get it wrong?
 - Where did you choose your own way instead of God's way?
 - Here are just a few possible examples – pride, selfishness, inappropriate internet content, relationships at home or with friends, lack of self-control, hurtful words, when you “know better” but still do it.
 - REMEMBER, SHARING YOUR STRUGGLES AND SINS WITH GOD IS NOT A STICK TO BEAT YOU WITH but **an act of love** that will release you to worship and pray more freely.
- Now lay these struggles/sins at God's feet using this suggested prayer:
 - *“God forgive me for stumbling. Help me to **turn away** from sin and **turn toward** your light instead.”*
 - Feel free to change the words in the prayer into your own. Main thing is to Ask for Forgiveness and Ask for God's Help.
 - Now let God's unending mercy overflow into those areas of your life.
- It is always good to finish with thanksgiving.
 - Take some time to focus on God's love for you
 - Read one of the passages, on the previous page, about God's love.
 - Pray out the verse(s) as you did with the Psalms.