

# 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) 3 – Ask

Express your confidence that God sees and hears when you pray.



- Read Day 3 from the resource
- This week's topic is asking God for what we NEED or WANT (would like).
  - Most of us have no issue with asking for stuff.
  - Can you remember the lists we made the first week at AY Sunday?
    - Asking is not the way to start prayer but it is definitely part of prayer. It is one of the ways we show that we trust God with everything.
- The Bible actually tells us to ask: **Philippians 4 v 6-7**
  - Note that the verses say to bring your requests to God with *Thanksgiving*.

### What can we ask from God?

- We assume that God only want to hear about our big impressive needs. We tend to not want to bother Him with the things we think are little.
  - God is interested in EVERY detail of our lives
    - Remember, God is a God of detail. We chatted about how we can see in creation that He is a God of detail. Remember the detail in snowflakes?
  - He cares about the big issues like war, poverty, injustice but he also cares equally about our dreams, our hopes, our school life, our family, our friends, that annoying head-ache
- In **Matthew 7 v 7-12** Jesus tells us to ask. He also says that we can be confident that God ONLY have good for us and so we can trust that He will care for us, our NEEDS and our WANTS (would likes).
  - We may not always get a "Yes". Sometimes it will be a "No" or a "Not yet".
    - We can be certain of this **"God works all things for the good of those who love Him" Romans 8 v 28** (NIVUK)

## 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).

**TOP TIP |** I found having some quiet worship music playing in the background helps me to connect with God. But it is your choice, we are all different. You can use the [AY Worship Spotify Playlist](#) if you like.

- Start with Praise and Thanksgiving (Look back to the [Week 1 Prayer guide](#))
- Next move to Repentance (Look back to the [Week 2 Prayer guide](#))
- When you are ready, start to think about what you need (what you can't live without) and want (would be nice to have).
  - Don't be shy with Him (He knows it all anyway, but we need to lay it before Him).
    - From the Big things that worry you (War, Poverty, Illness, the future, Economy).
    - To the small things that you think aren't important to Him (Dreams, Hopes Goals, Relationships [Family, Friends], your broken arm).
    - Lay EVERYTHING at His feet.
    - If you struggle to know what to pray for, start with the obvious like your day at school, your family, thank God for a home/food and so on.
    - You can also ask Holy Spirit to help you with things to pray for. Wait for a bit and allow Him to pop things in your head He'd like you to pray for.
  - Once your thoughts are formed of what you want to ask use this suggested line in your prayer: "God I lay my asks(requests) before You for .... *[insert what you would like to lay before God]*"
    - You may find that once you start praying God will pop other things in your head He'd like you to pray for. Don't be scared to go for it.
- It is always good to finish with thanksgiving.
  - Take some time to focus on God's love for you
    - Read **1 John 3 v 1**
  - Pray out the verse as you did with the Psalms, thanking God as you go.