

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) 4 – Yield

Consider what it means to surrender to God.



- Read Day 4 from the resource
- We all like to be in control. Asking anyone to give up control of what they decide to do, how they decide to do it or when they decide to do it will raise some eyebrows or cause a fight.
 - Yet giving up control is a big part of following God
 - But it is a difficult thing to do because...you guessed it, WE WANT TO BE IN CONTROL.
 - We think we know a better way to love and live, than God does.
 - God's way often seems slower, messier and more difficult than the "better" way we think we can do.
- Thing is though, God knows the bigger picture of our lives. We can only see what is in front of us, whereas God can see what is best not just for our now, but also for our future.
- Yielding is to put your trust in God. To surrender everything to Him.
 - Yielding is to trust that God knows better than you for now and the future.
 - Yielding to God is the act of letting go of the things we hold on tight to so that we can submit (or give it over) to God. Letting go in this way will let God work things out for your good.
 - IMPORTANT: It may look like God's way of working it all out is not for our good, but this is where trust comes in. *For example: You may need to move house but you don't want to because everything you know is where you are. Yielding is submitting to God and surrendering (giving) it to Him to do what He knows is best for you now and for the future (Read Proverbs 3 v 5-6). That may be to move or not. But know this, He will give you everything you need for the future He has planned for you.*
 - The key here is to stop fighting God and submit to Him.

- So, what does yielding look like practically?
 - When you are making decisions, do it in partnership with God. (**Read James 4 v 13-15**)
 - When you are asking God about a circumstance (illness, financial, friends, school...), give it to God and allow Him to work for your good instead of deciding the outcome and then telling God what to do.
 - **Read Philippians 4 v 6-7**
 - Off course bring your requests (Asks – like we learnt last time) but always pray as Jesus did “Father, if you are willing, take this cup from me; **yet not my will, but yours be done.**” Luke 22 v 42
- So, let’s yield to God all the decisions, areas, circumstances and needs in our life that we are holding tight. Like Elsa puts it in the Frozen movie “Let it go”
 - Stop resisting Him
 - Submit to His authority
 - Let Him work all things for your good. (**Read Romans 8 verse 28-30**)

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](#))
- Then do Ask (Look back to the [Week 3 Prayer guide](#))
- When you are ready, take 2-3 minutes to think about what you need to Yield to God.
 - These are decisions, areas, circumstances and needs in our life that we are holding tight because we are afraid of what will happen if we let go of them or aren’t in control of what happens (what the outcome will be).
 - We all have something we need to stop fighting God on or trust God for. If you are not sure what you need to let go of ask God to bring it to your attention.
- When you are ready lay it before God. You can use this prayer prompt if you choose, or choose your own words if you prefer:
 - *“God, I surrender [insert what you need to surrender] to You. Help me to get out of the way. Not my will be done but Yours.”*
- It is always good to finish with thanksgiving.
 - Take some time to focus on God’s love for you
 - **Read Psalm 86 v 15**
 - Pray out the verse as you did with the Psalms, thanking God as you go.