

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) 5 – Family and Friends

Focus on the needs of others by praying for family and friends.



- Read Day 5 from the resource
- Our prayers are often focused on us and what we need.
 - It takes a crisis or something bad to happen to move our focus to other people like our family and friends. For instance, when they face health problems.
 - But we don't have to wait for a problem to surface in order to pray for our loved ones. REMEMBER God is interested in EVERYTHING, even the smallest detail of our lives.
- Knowing our loved ones face a hard time can bring worry and fear of what will happen. And that in turn can bring us stress and anxiety.
 - But Paul tells us to not be anxious about anything. (**Read *Philippians 4 v 6-7***)
 - So instead of turning our attention inward (only focussing on our needs of worry, fear, stress and anxiety) ...
 - **IMPORTANT:** We turn our attention outward to our loved ones in lifting them to God in prayer ...
 - AND surrendering (Yielding) our worries and fears to God.
- Praying for the ones closest to us is a great way to show them care and love.
 - God is powerful and He can change circumstances for the things we are worrying about.
 - The same power (God) that raised Jesus from the dead can bring change to our loved ones. (**Read *Ephesians 1 v 17-23***)
- Paul gives us a great example of praying for others (When Paul wrote this he was in prison for preaching the gospel. Imagine that!).
 - **Read *Ephesians 3 v 14-21***
 - **Read *Philippians 1 v 3-6***
 - IMPORTANT: We can pray for others to encourage and build them up.
 - We DON'T have to wait until they suffer or go through a hard time.

- God listens. He hears the prayers for our loved ones.
 - He knows what our friends and family are going through. He loves them more than we ever could.
 - He **sees** every tear, **hears** every cry, **understands** their joy, **knows** the doubts they may have.

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](#))
- Read the Ask prayer guide to remind yourself of what it means to bring your requests to God (Look back to the [Week 3 Prayer guide](#))

TOP TIP | I found closing my eyes can help me focus my thoughts. It helps me to not get distracted by my phone/tablet or other things around me. Like my cat or fish or the cat trying to catch the fish...you get what I'm saying here.

- Now think outside yourself. Think about the lives around you.
 - Your Mum, Dad, Carer, brother(s), sister(s), Grandparents and other family.
 - Think about their needs and challenges, what can you lay before God on their behalf.
 - May-be they need help with their health.
 - May-be you know they struggle financially.
 - May-be they don't know Jesus yet
 - May-be you don't get on with someone in your family, ask God to heal your relationship with them.
 - Talk to God about their problems. Those you wish you could solve but know you can't.
 - Think about joyful moments, what can you thank God for on their behalf.
 - Have they experienced something good? Thank God on their behalf.
 - Do you know that someone is regularly praying for you? Thank God for that person.
 - You can also repeat the last two points for your closest friends and the friends you may struggle with or aren't as close to.
 - Remember you are praying for others, not yourself.

- When you are ready use this prayer, or make up your own, to lay your requests before God: *“God, I lift-up [insert their names and needs, or what you want to thank God for]”*
- Then move to Yield (Look back to the [Week 4 Prayer guide](#))
- It is always good to finish with thanksgiving.
 - Take some time to focus on God’s love for you
 - Read **1 John 4 verse 9-10**
 - Pray out the verses as you did with the Psalms, thanking God as you go.