

# 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 – A Challenge | Community, Nation, World



Focus on the needs of others by praying for your community, our nation and the world.

- Read Day 6 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.
  - But we don't have to wait for a problem to surface in order to pray for our communities, nation and world. REMEMBER God is interested in EVERYTHING so we can thank Him for good things happening.
- So, what are the needs of your community, the nation and our world. Have a think.
  - If you struggle to think of something, Google it...don't get distracted.
- There is so much bad news out there and it is easy to be overwhelmed.
  - Often our reaction can be "I won't bother. I can't make a difference. The problem is too big."
    - But what if YOU CAN make a difference
    - Remember the illustration with the large piece of paper and pen? It seems impossible to completely cover the paper with ink using the tiny pen. But even the smallest speck of ink changed the paper forever.
      - Point is that the smallest prayer from you can make a difference to the brokenness that seems overwhelming.
  - See when we ignore problems around us we grow immune to the world's pain and become hard-hearted. Solomon told us to protect our hearts (**Read Proverbs 4 v 23**)
- All of creation is suffering, but Romans 8 tells us that there is a hope we are waiting for (**Read Romans 8 v 18-25**)
  - As people of hope we do not harden ourselves to the needs and pain around us.
  - We cling to the hope we have in Jesus (**Read Romans 5 v 1-5**) and in doing this God breaks our hearts for what breaks His. And then we bring the brokenness to Him in prayer.
    - When we pray for others we also bring that hope to them.
    - You may say "Yes, but my prayer is only small."

- NOPE! Our prayers are powerful and effective (**Read James 5 v 16**)
  - Our prayers are powerful and effective because we bring them to God who has dominion (it means He rules and have control) over everything and everyone. (**Read Psalm 22 v 27-28, Psalm 33 and Revelation 15 v 4**)
- Prayer is the most effective tool we can use. We can affect brokenness and need on the other side of the world and in our community.

## 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.
  - What needs do you see in your community?
  - What needs fixing in our nation?
  - What brokenness is in the world?
    - If you are struggling to think of anything, Google the news...but don't get distracted, stay focussed.
- Ask God to highlight specific issues and problems to you.
- When you are ready bring your requests to God, who has all dominion and power.
  - Use this prayer, or make up your own, to lay your requests before God:
 

*"God, there is so much brokenness in the world but I ask that you work into [insert the problems or issues you want to bring him]. God please help the people affected [or you can name people if you know them]."*
- Then move to Yield to surrender your concerns and worries to Him. (Look back to the [Week 4 Prayer guide](#))
- It is always good to finish with thanksgiving.
  - Take some time to focus on God as our safe place.
  - Read **Psalm 9 v 9-10**
    - Pray out the verses as you did with the Psalms before, thanking God as you go.