

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 the last of our prayer guides for this series. Have fun at home partnering with your young person in prayer and "Conversations with the King".



Day (Week) 7 – Sabbath | Quiet time with God

Commit yourself to quiet time with God and to continue in prayer.

- Read Day 7 from the resource
- What is sabbath?
 - Sabbath comes from the Hebrew word *shabbat* meaning to rest, to stop, to cease.
 - Rest is especially important because God showed us how after creating everything
(Read Genesis 2 v 2-3)
- We watched this video on Sunday, explaining Sabbath.
 - <https://youtu.be/PFTLvKB3JLM?si=VUb0avsrswW9Ig5G>
- We live in a world that runs at 100mph all the time with no stopping
 - We are rewarded for overworking and adding more pressure
 - THIS IS NOT WHAT GOD INTENDED. He wants us to rest.
- As the video mentioned, we were intended to rest with God. To enjoy life with Him.
 - **Read Genesis 3 v 8-9.** These verses show that "walking" with God was normal for them. God asked them "Where are you?" as you would if a friend don't show-up to meet you as usual.
 - God wants to rest with us.
- To sabbath is to rest with God.
 - Jesus invited us to rest with Him **(Read Matthew 11 v 28-30)**
 - In the verses Jesus refers to a Yoke. What is it?
 - A yoke is a crossbar used by bulls and oxen to pull heavy weights. A yoke shares the heavy burden (weight) between two animals.
 - So Jesus is saying "come to me to find rest, I will help you carry your heavy weight." (The burden or weight are the things that worry us or things we find hard like relationships, understanding what is going on in the world, suffering and so on).
 - In order to sabbath (rest) with God, we need to Yield (surrender) our burdens to Him.
 - He will share the Yoke and help us carry our burdens.

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.

- Then move to Yield. (Look back to the [Week 4 Prayer guide](#))
 - Remember you are safe with God.
 - Focus your mind on God as your creator, saviour, rescuer and protector.
 - Slow your breathing and lock out all the distractions. JUST YOU AND GOD.
 - If any worries, burdens (things you find hard), pressures or to-do lists come to mind, hand them over to God.
 - Pray: "God I give you my burdens, worries and pressures." Name the burdens, worries and pressures you are giving to Him.
 - IMPORTANT: Then stay in silence, no rush.
 - Allow Holy Spirit to help you rest. How is He wanting to care for you in this moment? Thank Him for His unfailing love for you.
 - When you feel yourself get distracted, refocus on God.
 - Pray: "God, help me to rest with You. I thank You that You give me rest."
 - Stay in rest for as long as you want, but try to stay at least 5-10 minutes.
- It is always good to finish with thanksgiving.
 - Take some time to focus on God as our resting place.
 - Read **Psalm 62 v 5-8**
 - Pray out the verses as you did with the Psalms before, thanking God as you go.

Well done. You have done great throughout this journey of starting a daily prayer rhythm. This will be your challenge now...to carry-on building your prayer rhythm. The more you do it the easier it will be to have conversations with God. Keep-up Praise and Thanksgiving, Repent, Ask, Yield, praying for Family and Friends, challenge yourself to pray for you community, our nation and world, and Sabbath (rest) with God...DAILY. Keep going and watch your relationship with God flourish.