

A blurred background image of a church interior. In the foreground, the back of a person's head and shoulders is visible, looking towards the front of the church. In the background, other people are seated in pews, some with their hands raised in prayer. The lighting is soft and warm, creating a serene atmosphere. The text is overlaid in white on this background.

# When We Pray

PRAYING IN THE  
PATTERN OF JESUS



# Praying in the New Year

It is officially 2023! Our goal over the next six to seven weeks as a community is to create and establish a pattern of prayer that carries us through the entire year and beyond.

The starting point for all significant works of God is prayer. It is here that we have an opportunity to interact with the Spirit of God and participate in the redemption of our city and the healing in our lives.

We are not simply looking for a 30 day prayer sprint. We are hoping that as we establish new rhythms and habits in our life of prayer we would see Jesus like never before in our lives.

So the following is meant to start your year in prayer but also ask you what a year of healthy, consistent prayer might look like for you.

Before you begin, take 3-5 minutes for silence. To breathe. Slow down. Think on these two questions...

**What are you most thankful for this year?**

**What are you hoping for in the coming year?**

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# Praying the Lord's Prayer

Let's move into our time of prayer with the prayer Jesus taught his disciples. The Lord's Prayer is the Church's most famous prayer because it came right from the mouth of Jesus, himself. Throughout church history, this prayer has always served as both a model and a guide for Christ-followers around the world.

## **Read Luke 11v1, Matthew 6v9-13.**

Each morning over the month of January and into February we want to begin the day with the Lord's Prayer.

When we pray The Lord's Prayer, we are submit to the leadership of Jesus, allowing his prayers to guide our prayers. Our hope is that this pattern continues beyond our prayer focus.

You can pray each line and allow the Holy Spirit to lead you as you go. Allow each line to be thematic, adding your own words to Christ's words.

## **A couple things to note...**

1. Shut off all distractions. Move your phone to another room. Maybe sit in your favorite chair or head outside.
2. Remember, you're doing this to be with Jesus and hear from God. And just so you know, He is here with you!
3. If you feel a your heart pause or your mind fixate on a word or phrase, stay there. Let God work. Take it slow.
4. Write notes or questions as they come. Writing slows you down and allows space for God. If you're doing this with friends or family, take time to ask others what God is speaking to them or ask what words/phrases God is bringing to their attention.

*The following is taken (with few edits) from Bridgetown Church and we are so thankful for the body of Christ.*



## **“Our Father in Heaven...”**

Begin with prayers of adoration. In the way Jesus addresses God, he reminds us of three holy realities: God’s majesty, approachability, and restoration. God is “in heaven,” holy and other. He is incomprehensibly powerful and the true source and satisfaction of every human desire. God is also “Father,” inviting us to come before Him not merely as beggars but as children and heirs to His Kingdom. Through Jesus, God is more than just my Father but “Our Father.”

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## **“Hallowed be your name...”**

To hallow means to set aside as holy. Spend a moment recognizing God as holy - as the unique one worthy of your affection. You may want to recognize and name the blessings in your life, connecting the gifts back to the giver. You could recite a Psalm, sing a worship anthem, or sit in silence, savoring the presence of God over all and in all.

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## **“Your Kingdom come, your will be done, on earth as it is in Heaven...”**

Spend a few minutes asking for God’s will to be done in your life. This part of the prayer is about releasing control. What are you currently wrestling for control over—something you’ve never released from God or find yourself grabbing back from him? You may want to repeatedly pray, “Your will be done,” a few times. Releasing our own control, we ask for God’s Kingdom in our midst. Simply, clearly, and specifically ask that God’s Kingdom would come where it lacks. Anywhere and everywhere you know God’s Kingdom of love and peace is lacking, ask for Jesus to come.

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## **“Give us today our daily bread...”**

Now spend a few minutes praying for specific needs and wants in your life or that of your community—a job, healing, or wisdom to make a decision.

**“Forgive us our debts, as we have also forgiven our debtors...”**

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Ask God for forgiveness for specific areas in your life, and releasing others to forgiveness. You may just want to pray aloud the short phrase, “Father, forgive me” or “Father, help me forgive.”

**“And lead us not into temptation, but deliver us from evil...”**

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Finally, spend a few minutes praying against temptation – this word can also be translated as trouble – in your life. Pray against any kind of evil - spiritual evil, human evil or oppression, natural disasters, systemic injustice, etc. Pray against bad things in your life or community, and ask for God’s blessing - the divine flow of good things into your life and community.

**“For yours is the Kingdom and the power and the glory forever and ever. Amen.”**

Pray this as a confession of faith as you go throughout your day. His is the glory. His is the power. His is the kingdom. Forever. We believe that and speak that over our lives, even in the places we are most uncertain of.



# A People of Prayer

There is an assumption in the Bible that the people who follow Jesus are people of prayer. It is what we find the early church doing as much as anything else. It is what we see Jesus model often as he would withdraw to pray.

Prayer is the ultimate way we keep God in the primary place of our minds and hearts. It keeps us from hiding in our busy schedules or difficult circumstances. It requires our whole self to come before God.

So here are a few questions to consider as we step into this new year becoming a people of prayer.

1. How could a consistent and healthy prayer pattern impact your day to day life and faith? List a couple ways.
  2. What is a primary challenge you encounter when you decide to pray more often and how could you respond?
  3. What are some ways you could create a healthy prayer rhythm daily, weekly, monthly, and even yearly? Think of practical ideas like what time you'll wake up to pray, taking a prayer retreat, implementing a sabbath, times of prayer with family or friends.
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# New Patterns

There is a deep desire that in this season we would establish new patterns of prayer. Patterns that carry us beyond just the first month of the year but take us into an intimate, effectual, and fulfilling life of prayer.

So below you'll find several ways we are inviting you into this new rhythm as people of prayer. Some will be done every day and others just one time a year but we absolutely believe if we are intentional about how we seek God that we will see Jesus like never before in our lives, church, and city.

## **One / Morning, Noon, and Night**

A Daily Prayer Rhythm

Whether together or apart we can unite our hearts in prayer. As we adopt this rhythm of daily prayer we will be praying similar things at similar times each and everyday. And as we consistently pray we will begin to suddenly hear the sound of the Holy Spirit in us and through us.

In the Hebrew and early Christian tradition there has always been a daily prayer rhythm to pause and pray - morning, midday, and evening. We see this in the life of Jesus and with the apostles in the early church.

Each morning we want to begin the day with the Lord's Prayer. Each midday we want to create time to pray for those around us. And each evening we want to end our day in gratitude to God.

Partner with us by praying this rhythm each day wherever you are.

### **Morning / The Lord's Prayer**

*Read and bookmark Luke 11:1, Matthew 6:9-13.*

You can reference the Lord's Prayer from earlier in this guide to pray each day. Or feel free to copy and paste or print so you can easily find it each morning.

### **Noon / Streets and Hearts**

*"With whom you pray, for whom you pray, and to whom you pray" – Ed Cole*

Take time to pray over the places you go and the people you meet. Your neighborhood, your workplace, and any place you frequent (and yes, that can mean the grocery store, the coffee shop, or your favorite place to hang). Pray for those who are broken, hurting, wandering, and those needing to see Jesus like never before.

Pray specifically for the following...

### **Name Your Neighbors**

Ask the Spirit to bring to mind people who are far from God, people who do not know his love, people who are in a difficult season or situation, and people who need to see Jesus for all that he is. As faces and names come to mind, pray for them. You may even feel prompted to contact them with a quick encouraging text or call. Do it. Trust God. He will go with you.

### **Eyes to See**

Ask that God would reveal friends, neighbors, co-workers, and strangers who need to know God's love for them or need someone to simply be there for them. Ask God for compassion and a heart for those around you. Then trust God and take courage to be the hands and feet of Jesus when he shows you who. There will be stories to tell!

### **Divine Connections**

Finally, invite God to send you. As you have asked God to pursue your loved ones, now ask him to send you out with his empowering presence to those around you. That as your day goes on he would bring to mind or put you in surprising positions to be the answer to prayer.

## **Night / God's Goodness, Our Gratitude**

*"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." 1 Thessalonians 5:16-18*

The day is done. The night has come. Still your soul and think upon the Lord and his goodness toward you.

**Start with a 1-2min of silence** and pray this prayer as you start, "Come Holy Spirit."

**Follow that by reviewing the events and moments of the day...** the people, messages, meals, demands, and surprises. All of it. As you do, ask the following question of God and as you do simply give thanks to God for anything that comes to mind, especially the non-obvious things. Relish and savor these moments in gratitude to God.

"Lord show me where you were at work in my life. In what ways did I experience your goodness and when did I hear you speak?"

You may not start off with a flood of moments or pictures. But this is a practice that begins to open your heart and mind to the daily and active presence of God in your life.

**Then take time to confess and repent.** These can be heavy words but they are best understood in the prodigal son. Coming back home, back to who you are. Ask God to reveal where you stepped away from who God has called you to be as his son or daughter.. getting involved in gossip, reacting with a tone that was aggressive, lacking compassion in a situation, ignoring a need, etc. His grace for you is sufficient and overwhelming. Receive His forgiveness afresh.

This is not a moment to feel defeated but forgiven. It is a moment to reboot and commit in daily way to becoming more and more like Jesus with the help of the Holy Spirit. Let this be a moment of refreshing and freedom.



## Two / Wkly Prayer Room

Every Wednesday during series

*"Yet he often withdrew to deserted places and prayed." Luke 5:16*

There is something very powerful when we step away from the regular routine to simply and humbly commune with God. To stop all else and focus on him.

Each week during our prayer series we will be opening the building from 11am-1pm for prayer. You can come for 15min or the entire two hours. We wanted to create space in your week to withdraw.

There will times there is a prayer led out loud but most of the time will be a space for you to come and be still in the presence of God.

Prayer Room will happen on these dates (all of them Wednesdays):

- January 11th, 18th, and 25th
- February 1st, 8th, and 15th

## Three / Prayer & Fasting

January 29th-February 5th

*"Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"*

– Matthew 4:4

*"Fasting is feasting upon God. This is something you only learn by experience, and he wanted us to fast with that expectation. When we have learned well to fast, we will not suffer from it. It will bring strength and joy."*

– Dallas Willard

The goal and heartbeat behind fasting is not simply to abstain but to fully experience the sustenance of God. It is to bring our lives and bodies into direct a holy posture toward God. All other things will fade, but He will remain.

**On the week of January 29th thru to February 5th we are asking you to join us in fasting and prayer. Whether you join us for the whole week, three days, or one. Let this be an opportunity for you to establish what might be a new discipline for you.**

We will have more resources on that week to help guide you in this. You may decide a meal a day, a full one to three to seven days of no food, no social media, etc. Whatever you choose, let it be something that is so present in your life it will be felt. It will turn your attention to Jesus' fullness and provision.

Again, we would love for this to become a rhythm of your life. So we'd ask that you consider how you could make this a pattern you do more than just during this week. Maybe you commit to a day a month or a three day fast every few months. There are many ways to do it but take the time now to consider what that it might look like for you to make fasting a regular part of your life.





## Four / Pre-Service Prayer

Sundays at 9:30am

Each Sunday morning prior to our service we have what is called our 'team huddle'. It is where all team and volunteers join together to pray. So during our prayer series we are opening that time to everyone in our church.

We want to invite you at 9:30am each Sunday to come and join us in prayer for the day. Praying over all those would be in the building that day, all those who are serving, all those who would watch online, and praying that all would see Jesus like never before!

**This will happen every Sunday through February 19th.**

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## Five / Prayer Retreat

Schedule a Personal Prayer Retreat

In the same vein as the prayer room, we believe that taking an extended time for silence, solitude, and prayer can bring about an abundance of intimacy and clarity in your life.

The idea is this, you schedule a time in the next couple months (and maybe you do this more than once in the year) for a 4hr, 8hr, 12hr, or 24hr prayer retreat. Just you and God.

This can be intimidating and it will be a bit uncomfortable at first because you're stretching your capacity. So we promise you this, if you take this dedicated time, you will come back with a fresh view of who God is and where he is leading you in your life, business, family, and calling.

You will find a guide on how to prepare for your prayer retreat on our blog at [c3fortworth.com/news](https://c3fortworth.com/news).