

3Thirds Discipleship Training Tools

Disciple Multiplication Movement (DMM)

Prayer Cycle

The Prayer Cycle is a simple tool for practicing prayer. You can use it by yourself, and you can share it with any follower. In just 12 simple steps - 5 minutes each - this Prayer Cycle guides you through twelve ways the Bible teaches us to pray. At the end, you'll have prayed for an hour.



PRAISE: Start your prayer hour by praising the Lord. Praise Him for things that are on your mind right now. Praise Him for one special thing He has done in your life in the past week. Praise Him for His goodness to your family. For help getting started, Psalm 145 and Psalm 146 in the Bible are great examples of praise.

WAIT: This is a time to be quiet in God's presence. Psalm 37:7 says to "Be still before the LORD". Be still and let Him pull together reflections for you. During this time you think of nothing but God the Father, His Son Jesus your Redeemer, and the Holy Spirit. You need not express your thoughts in words. Concentrate on your relationship with the Lord and your love for Him.

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CONFESS: Ask the Holy Spirit to show you anything in your life that might be displeasing to Him. Ask Him to point out attitudes that are wrong, as well as specific acts for which you have not yet made a prayer of confession. Now confess that to the Lord so that you might be cleansed. See 1 John 1:9 about confession.

READ THE WORD: Spend time reading in the Psalms, in the prophets, and passages on prayer located in the New Testament. Here are some good places to go: Mark 11:20-25, Luke 11:5-13, and Psalm 103.

ASK: Make requests on behalf of yourself. Hebrews 4:16 says, “Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.” (NIV)

INTERCESSION: Make requests on behalf of others. Ephesians 1:16, Romans 10:1, 1 Timothy 2:1-4, Luke 6:28, Matthew 9:37-38

PRAY THE WORD: Pray specific passages. Scriptural prayers as well as a number of psalms lend themselves well to this purpose. Here are some examples: Matthew 6:9-15, Colossians 1:9-12, Philippians 1:9-11, Psalm 119:38-46, Psalm 86.

THANK: Give thanks to the Lord for the things in your life, on behalf of your family, and on behalf of your church. Ephesians 5:20 says, “always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.” (NIV)

SING: Sing songs of praise or worship or another hymn or spiritual song. Psalm 59:16-17, “But I will sing of your strength, in the morning I will sing of your love; for you are my fortress, my refuge in times of trouble. You are my strength, I sing praise to you; you, God, are my fortress, my God on whom I can rely.”

MEDITATE: Take this time to meditate and reflect on either a specific scripture, a theme from scripture, or on God and his works and character. Some good scriptures to meditate on would be Ephesians 3:14-21 or Exodus 34:6-7

LISTEN: Ask the Lord to speak to you. Have a pen and paper ready to record impressions He gives you. You can ask the Lord specific questions. Deliberately ask God to reveal His will and strategies or plans to you.

PRAISE: Praise the Lord for the time you have had to spend with Him and the impressions He has given you. Praise Him for His glorious attributes. Revelation 4:8-11 and Psalm 111 provide good examples of praise.