



# PERSONAL SATURDAY EVENING

## PRAYER GUIDE

---

This is a suggested outline for a time of individual evening reflection and prayer. It is designed to be used on a Saturday Evening in order to prepare oneself to worship the Lord with a greater sense of focus on Sunday. You will need about 30 minutes to do this thoroughly. Hopefully, you will find that this exercise inspires and motivates you to love the Lord more completely with your heart, soul, mind and strength, through worship.

## 1. Preparing the body for prayer:

Take your Bible and a notebook or journal. Find a quiet space where you can be undisturbed for about 30 minutes. Settle yourself comfortably into the stillness and intentionally seek to become conscious of the Lord's presence with you in the stillness.

## 2. Preparing the mind for prayer:

If you know what it is, read the Bible reading that is the focus of tomorrow's sermon (see the Grow Group Notes on the Website for this info if you don't already have it) ... OR read a Psalm of your choice. Read it all the way through, twice. The first time, simply read it to enjoy it. The second time, notice a verse that draws your attention. Next, return to that verse and re-read it a few times until you can commit the essence of it to memory.

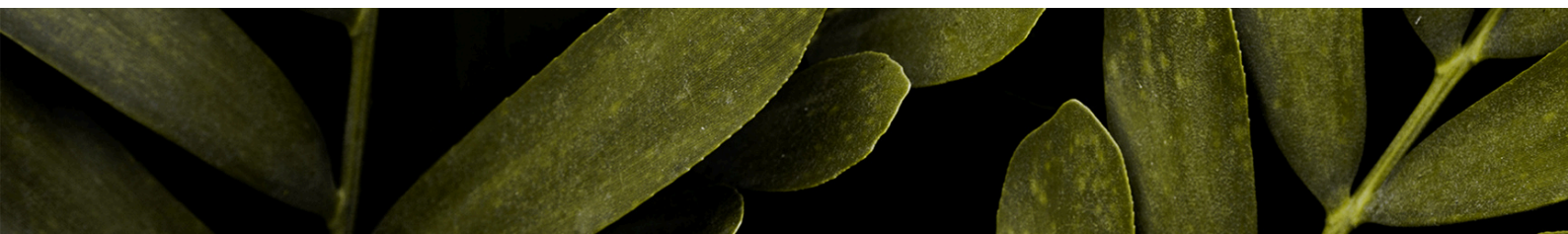
## 3. Preparing the spirit for prayer:

- a. Recite that verse (or a brief prayer based on the verse) to yourself in silence as a "breath prayer". This entails praying one half of the verse (or a prayer based on it) as you breathe in, and the other half as you breathe out. For example you might pray John 3:16 as "For God so loved the world ... He gave His only Son" (i.e. the words of the verse) OR "Thank You for Your love ... Sent to me in Jesus." (i.e. a prayer based on the verse)
- b. In the stillness, listen for what the Lord might be saying to you regarding your life right now, through this verse you have been repeating.

## 4. Reflection and Prayer:

Reflect on the events of the week in the company of the Holy Spirit as explained below. (I think of this exercise as 'replaying the video of my week in my mind'). Inevitably you will recall the more significant moments and not those that were less so (and that is fine). As you think back on the week, prayerfully consider the following questions and respond in the way indicated. Following this process will entail "replaying the video of your week" three times:

- a. **Thanksgiving:** How have I experienced the presence and/or the goodness of God this week? Once you have identified all the ways you can remember, journal a list and then offer a prayer of THANKS to God.



- b. Praise:** What have I seen of the glory, beauty, majesty, splendour or power of God this week? Once you have identified all the ways you can remember, journal a list and then offer a prayer of PRAISE to God.
- c. Confession:** How have I fallen short of the glory of God this week through my thoughts, words and deeds (or by my silences or inaction)? Once you have identified all the ways you can remember, journal a list and then offer a prayer of CONFESSION to God. Then consciously receive His forgiveness.
- d. Yielding:** How does my heart most fervently desire God to work in my life during the worship Service tomorrow? Once you have identified the way(s), enter it in your journal and then offer a prayer of YIELDING to God.

## 5. Closing off:

End your time of evening prayer by once more spending a minute or so in silent repetition of your key verse as a breath prayer. Pray for the Service tomorrow. Pray for the preacher, worship team and all serving on the crew. Pray for your fellow worshipers to meet God in meaningful ways too. Amen.

---

Be blessed as you close this evening!





[WWW.WALMERMETHODIST.CO.ZA](http://WWW.WALMERMETHODIST.CO.ZA)