

# 52 Week Prayer Journey

The Praying Life Foundation

<http://www.prayinglife.org/>

by Jennifer Kennedy Dean, adapted for Coffee Cup Friends

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Prayer is the key that gives the people of God direct and immediate access to all of God's power and provision, yet many have never discovered prayer's potential. Why do you think that is so?

We believe that the primary reasons are:

- (1) confusion and misunderstanding about how prayer operates, and
- (2) the feeling that prayer is complicated and difficult and that only a very few can make it work. Many of God's people are intimidated by prayer.

We want to offer you a tool that will give you a simple, yet profound, way to practice the discipline of prayer. We are convinced that these 52 tips will deepen your prayer-life through practical and practice-able suggestions and will revolutionize your life.

Here's how to use these *Power Points*:

Commit to practice each of these 52 tips, one a week, on your yearlong prayer journey.

Ask other families or husbands and wives to make this journey with you in a hand-in-hand spiritual pilgrimage.

After you practice a *Power Point* tip each week, then journal your experience.

Don't give up. Soon you will sense a deepened level of prayer.

Think of it as "The Great Prayer Experiment." What would happen if you gathered your Coffee Cup Friends and with one voice, said, "Lord, teach us to pray"?

D.L. Moody once noted that the world had not yet seen what God could do through the life of one man who was fully committed and obedient. Can you imagine what God can do through YOUR life?

## POWER POINT TIPS

1. "The king's heart is in the hand of the LORD; he directs it like a watercourse wherever he pleases" (Prov. 21:1).

If your thoughts wander during your prayer time, instead of trying to force them back into your pre-set agenda, try following them. Perhaps the Lord has another agenda.

2. "But when you pray, go into your room, close the door and pray to your Father, who is unseen" (Matt. 6:5-6).

Set a time for daily prayer. Consider it an unbreakable commitment. Keep your set appointment every day for one week. For one solid week, let your scheduled prayer time be the centerpiece of your day: arrange everything else to fit around it.

3. "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed" (Mark 1:35).

Give God the first fruits of your day. For one week, give the very first 30 minutes of your day to prayer.

4. "But Jesus often withdrew to lonely places and prayed" (Luke 5:16).

Find a place in your home where you can be alone and undistracted during your prayer time. Keep your Bible, prayer journal, pen, and whatever tools you use in that place so that everything is ready. During your prayer time each day, this is a sacred place.

5. "I saw the Lord seated on a throne, high and exalted, and the train of his robe filled the temple" (Isaiah 6:1).

As you start your prayer time, before you say anything, let your mind's eye see Him, high and exalted, and yourself in a position of worship before Him. Stay in that inner posture until His glory fills your thoughts as the train of His robe fills the temple.

6. "But Jesus said, 'Someone touched me; I know that power has gone out from me'" (Luke 8:46).

Take time to become truly alive to His presence with you. Be aware that as you touch Him through prayer, His power is released into your life.

**7. “O my people, hear my teaching; listen to the words of my mouth” (Ps. 78:1).**

Read your Bible this morning with the awareness that you are listening to the words of His mouth. Stop at the first word, phrase, or thought that captures your attention and let the Father speak to you about it and let it shape your prayers.

**8. “We are the clay, you are the potter; we are all the work of your hand” (Isaiah 64:8).**

This week, practice the prayer of pliability. Instead of focusing on what you want God to do for you, focus on allowing Him to shape your desires until they match His. Accept each situation in your life as His hand shaping your thoughts, character, and longings.

**9. “Not my will, but yours be done” (Luke 22:42).**

This week let these words be the only prayer you pray about situations that confront you. Focus on relinquishing every situation to Him to be a platform for His power.

**10. “I will remember the deeds of the LORD” (Ps. 77:11).**

This week, try writing out your prayers. It will help you stay focused and will create a record of God’s work in your life.

**11. “My tongue will speak of your righteousness and of your praises all day long” (Ps. 35:28).**

This week, practice praying out loud during your private prayer time. It will make your prayer experience more concrete and will help you keep your mind focused.

**12. “Fix these words of mine in your hearts and minds; ...talking about them when you sit at home and when you walk along the road, when you lie down and when you get up” (Deut. 11:18-20).**

This week, try walking as you pray. Walk through your neighborhood or around your yard. You will be more able to keep your mind open to new thoughts the Lord might introduce. You are likely to find yourself spending more time with Him.

**13. “I have strayed like a lost sheep. Seek your servant, for I have not forgotten your commands” (Ps. 119:176).**

Between you and the Lord, settle on a phrase that He can remind you of throughout the day to call you back into intimacy when you have turned your heart outward. Find a phrase like, “Only You.” Something short and simple that can be a ‘shorthand’ prayer that speaks volumes.

**14. “I thank my God every time I remember you” (Phil. 1:3).**

This week, practice using “prayer triggers.” Let even fleeting thoughts of your friends, loved ones, and “enemies” turn into prayer for them. The prayer can be as simple as breathing the name, “Jesus.”

**15. “I will sing to the LORD, for he has been good to me” (Ps. 13:6).**

This week, during your prayer time, sing to the Lord. Use a hymnal or songbook; sing songs you have memorized; sing the Scriptures to your own tunes; make up songs. Sing out loud or sing inwardly.

**16. “I spread out my hands to you; my soul thirsts for you like a parched land” (Ps. 143:6).**

This week, during your prayer time, use different worship postures: kneel, lift your hands, and fall on your face before Him. You may do this outwardly, or inwardly—in the inner sanctuary of your own soul.

**17. “Praise be to the Lord, to God our Savior, who daily bears our burdens” (Ps. 68:19).**

In your prayer journal, list the following headings: (1) Anxieties; (2) Responsibilities; (3) Needs; (4) Desires. Under each, list everything that comes to mind. As you write it down, consider it an act of surrender. You are handing each thing over to Him. Do this every day for a week. You will most likely be repeating some things every day. That’s fine. He “*daily* bears our burdens.”

**18. “Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me” (Rev. 3:20).**

Prayer is opening your life to Jesus. He is at the door, knocking. In prayer, you are simply responding to His love that seeks you out. Times of prayer are times of fellowship with Him, as if He were in your home sharing a meal with you. This week, during your prayer time, let your mind’s eye see Him as He sits just across from you. Talk right to Him and let Him talk to you.

**19. “But seek his kingdom, and these things will be given to you as well” (Luke 12:31).**

Your daily prayer time lays the groundwork for an ongoing awareness of His presence. This week, during your prayer time, ask Him to alert you and call your attention to “kingdom moments” throughout your day. Watch for opportunities to enjoy fellowship with Him—waiting in lines, performing mundane tasks, for example. Being consciously aware of His presence will transform life’s irritants into opportunities for fellowship with Him.

**20. “ ‘Speak, for your servant is listening’” (1 Sam. 3:10).**

The most important prayer-skill is learning to listen to the Living Voice. This week let listening to Him be the main focus of your prayer time. Let 1 Samuel 3:10 be your only

request. Listen for Him in His Word, in the quietness of your heart, in the circumstances of your day, in fresh ideas that come to mind, in new understanding that settles on you. Learn to listen. Write down what you think you sense Him saying to you.

**21. “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus” (Phil. 4:6-7).**

What situations are causing you anxiety? Write them down -- big and little, major and minor. Now, go back through your list and practice offering the sacrifice of thanksgiving as an act of obedience. First, thank God for allowing the circumstance in your life because you trust Him to bring about a good and beneficial outcome from it. Then, let the Spirit bring to your mind things that you can be thankful about in that circumstance--ways that you already see God's hand working.

**22. “Don't you know that you yourselves are God's temple and that God's Spirit lives in you?” (1 Cor. 3:16-17).**

You are God's dwelling place. He is at home in you. Focus on that reality this morning. You do not have to seek Him out and get His attention—He has sought you out. In the Old Testament, worship in the temple engaged all the senses. This week, create an atmosphere for your prayer time that engages your senses. Light a fragrant candle. Play worshipful music. Let your senses enter into the experience of worship.

**23. “He wakens me morning by morning, wakens my ear to listen like one being taught” (Isaiah 50:4).**

This week, during your prayer time, consider that you are there at His invitation. He has invited you to spend time alone with Him because He has something beneficial to teach you and say to you. Consider how that changes the atmosphere of your prayer time. Write your observations in your journal.

**24. “As a bridegroom rejoices over his bride, so will your God rejoice over you” (Isaiah 62:5).**

This week, begin your prayer time by feeling the Lord's pleasure in your presence. Be aware of how delighted He is to have time alone with you. Let His love for you and His joy in you fill your soul with peace and contentment.

**25. “Whoever obeys his command will come to no harm, and the wise heart will know the proper time and procedure.” (Eccl. 8:5).**

During your prayer times this week, ask the Lord to tell you anything He wants you to do today—any action He wants you to take. Express your faith to Him that, when the time comes, you will know what to do and how to do it. Be alert every moment of your day for His command.

**26. “O LORD, you have searched me and you know me” (Ps. 139:1).**

Each morning this week, during your prayer time, use Psalm 139:1-6. Read it through slowly each morning, concentrating on each phrase. Focus on a different verse each morning, turning it into your personal prayer and allowing the Spirit of God to speak personally to you. Keep that verse in your thoughts all day long, praying it as situations arise.

**27. “Be still, and know that I am God” (Ps. 46:10).**

This week during your prayer times, focus on being in the moment. Let these words wrap themselves around your heart: “Be still. Know that I am God.” Let the power of His presence flood you, filling you with confidence, peace, boldness. When He says, “I am God,” what is He saying to you? Each morning, write down what it means to you that He is God.

**28. “Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting” (Ps. 139:23-24).**

This week, open your life to the Father so that He can clean out the clutter. Let Him bring to light anything that is keeping you from experiencing all that He has to offer. Don't resist Him. He wants your life to be filled with His abundance and wants to rid you of anything that dilutes His power in you. Write down what He brings to mind.

**29. “This is the day the LORD has made; [I will] rejoice and be glad in it” (Ps. 118:24).**

This week, let this be your first thought every morning: *This* is the day the Lord has appointed for you. He has given you *this* day. Embrace everything He brings into this day. When it brings difficulty or disappointment, think of your circumstance as a “faith lab.” Every little joy or pleasure it brings is a gift from the Father. Start your prayer times this week by settling this in your mind: I will rejoice and be glad in *this* day.

**30. “Let this be written for a future generation, that a people not yet created may praise the LORD” (Ps. 102:18)**

This week, during your prayer times, compose a letter to future generations. Write a paragraph or a sentence or a thought each day. What do you want to pass along to those who will come after you? What do you want to leave them as a spiritual legacy? This will help you focus on what God means to you and will stir up genuine praise and worship.

**31. “Those who know your name will trust in you, for you, LORD, have never forsaken those who seek you” (Ps. 9:10).**

This week, each morning focus on a name for Christ. Think through what that name says to you in your present circumstance. What promise does His name hold? As you pray, let Him show you each need or desire in light of His name—who He is. Use these names: (1) Refiner's Fire, Malachi 3:3; (2) God With Us, Matthew 1:23; (3) The Light, John 1:9; (4) Bread of Life, John 6:35; (5) Good Shepherd, John 10:11; (6) Master and Lord, John 13:13; (7) Vine, John 15:5

**32. "I have set the LORD always before me. Because he is at my right hand, I will not be shaken. Therefore my heart is glad and my tongue rejoices; my body also will rest secure" (Ps. 16:8-9).**

Let the peace in your innermost being spill over into your body. This week, during your prayer times, start each morning by consciously relaxing. Breathe in deeply, then breathe out slowly. As you breathe out, let your inner peace fill your body. Feel your muscles relaxing. Enjoy the feeling of complete peace and restfulness. Let thoughts of Him flood your mind and permeate your body with peace.

**33. "Our Father in heaven, hallowed be your name" (Matt. 6:9).**

Begin to pray through the Lord's Prayer, letting each phrase take root in your heart and grow fruit. This week, focus each morning on Matthew 6:9. Consider His role as Father. What does that mean in the context of your needs and desires? Write out your thoughts in your prayer journal. How can His name be exalted and hallowed in the midst of your needs? Write out your thoughts.

**34. "Your kingdom come, your will be done on earth as it is in heaven" (Matt. 6:10).**

This week, focus each morning on Matthew 6:10. Bring each situation to the Lord and pray, "Let Your will be done in this in every detail. Let Your kingdom rule take effect in this in every detail." Bring every detail of your situations before Him, asking Him to take full charge.

**35. "Give us today our daily bread" (Matt. 6:11).**

This week, focus each morning on Matthew 6:11. Ask Him for His provision in every circumstance and every need that the day presents. Rest in His willingness and His ability to meet every need as it arises.

**36. "Forgive us our debts, as we also have forgiven our debtors" (Matt. 6:12).**

This week, focus on Matthew 6:12. Let the Father lead you in identifying and forgiving those who have hurt or offended you. Let Him set you free from the burden of bitterness.

**37. "And lead us not into temptation, but deliver us from the evil one" (Matt. 6:13).**

This week, focus on Matthew 6:13. Daily, ask the Lord to lead you in paths that will help you avoid temptation.

Listen to Him as He brings thoughts to your mind about how to avoid placing yourself in temptation's path. Obey.

**38. "That your ways may be known on earth, your salvation among all nations" (Ps. 67:2).**

This week, use your newspaper or newsmagazine as a prayer guide. Find a current situation that engages your interest. Avoid the tendency to pray your political agenda. Instead, pray that every aspect of the situation will be God's tool for bringing about the right outcome for the big picture. Pray for every Christian who might be involved or affected. Pray for every non-believer. Pray for every detail you read about and the media who are reporting it. Pray for the leaders who are making decisions. Pray that it will all work together to bring glory to His name.

**39. "Carry each other's burdens, and in this way you will fulfill the law of Christ" (Gal. 6:1-3).**

This week, ask the Lord to place on your mind someone for whom you are to pray. It may be someone you know well, or it may be someone with whom you are only acquainted. It may even be someone you only know of. Write the name down. Be faithful in praying each time that the name comes to your remembrance. Watch for the amazing ways the Lord will lead you in prayer and the ways He will give you a glimpse of His work. Write them in your journal.

**40. "I have learned the secret of being content in any and every situation" (Phil. 4:12).**

In which areas of your life do you lack contentment? Write them down as they come to mind. Are you looking to some external circumstance or some other person for contentment? This week, focus your prayer time on asking the Lord to create in you a heart that rests contentedly in Him and His plans for you.

**41. "I urge you, brothers, by our Lord Jesus Christ and by the love of the Spirit, to join me in my struggle by praying to God for me" (Rom. 15:30).**

This week, ask someone else to pray for you in your struggles. Let the Lord guide you to the right person. During your prayer times, when your struggle comes to mind, rest in the fact that someone else is carrying that burden for you this week.

**42. "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth; they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you" (Matt. 6:16-18).**

This week, plan to fast one meal per day. Replace that meal with concentrated time in the Word of God and

prayer. Let any hunger you experience serve as a call to prayer. Ask the Lord to give you as intense a craving for Him as your body has for food. Record your experience in your prayer journal each morning.

**43. "He blesses the home of the righteous" (Prov. 3:33).**

This week, have your time of prayer in a different room in your home each morning. Focus your prayer time around the aspect of your life or your family's life that room represents to you. Let the Spirit bring ideas to mind.

**44. "I will walk in my house with blameless heart" (Psalm 101:2).**

This week, focus your prayer time on your relationship with each member of your family, or those who are like family to you. Each morning, concentrate on one person. Pray for God's purpose to be established in that relationship. Ask Him to show you any ways that your heart is not blameless in your own home.

**45. "The word is very near you; it is in your mouth and in your heart so you may obey it" (Deut. 30:14).**

This week, during your prayer times, read the Scripture out loud. You will find that your mind stays focused better and that hearing the words and speaking them brings out nuances that you have missed by reading silently.

**46. "Therefore encourage one another and build each other up, just as in fact you are doing" (1 Thess. 5:11).**

This week, prepare for your daily prayer time by gathering note cards or stationary of some sort. Ask the Lord to place on your heart someone who needs encouragement. During your prayer time, write out your prayer for that person and mail it to him or her. Pray for and encourage someone different each morning.

**47. "We always thank God for all of you, mentioning you in our prayers. We continually remember before our God and Father your work produced by faith, your labor prompted by love, and your endurance inspired by hope in our Lord Jesus Christ" (1 Thess. 1:2-3).**

This week, keep your stationary handy. During your prayer times, let the Spirit remind you of people who have been instrumental in your spiritual formation. As you are thanking God for them, write notes of appreciation to them. Some may be currently in your life. Some may be from years before. Rejoice in the treasure God has put in your life in the form of His people.

**48. "Finally, be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil's schemes. ...And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints" (Eph. 6:10-12, 18).**

This week, pray through the spiritual armor that Paul describes in Ephesians 6:10-18. Each morning, read the entire passage, expecting the Spirit to make it fresh for you. Then, each day focus on one piece of armor. Let the Lord speak to you about it as you spiritually "put it on." (1) Belt of Truth; (2) Breastplate of Righteousness; (3) Shoes of the Gospel of Peace; (4) Shield of Faith; (5) Helmet of Salvation; (6) Sword of the Spirit. On the seventh day, read verse 18 carefully. Once armed, how do you take your stand against the devil's schemes? Through prayer!

**49. "Many are the plans in a man's heart, but it is the LORD's purpose that prevails" (Prov. 19:21).**

This week, focus your prayer time on embracing the Lord's purpose in your every action, every plan, and every endeavor. Each morning, list your plans for the day. Yield them to God's purposes. Be ready to change them if the Lord should direct you to. Be alert for how God is working out His long-term purposes through your short-term plans.

**50. "Let us fix our eyes on Jesus, the author and perfecter of our faith" (Heb. 12:2).**

This week, be fully aware of Jesus. He is God's Everything. During your daily prayer time, before you do anything else, fix your inner eyes on Jesus. As you go through your day, let your inner eyes see Jesus present in every situation. When you think of a friend or a family member, let your inner eyes see Jesus there with that person.

**51. "I guide you in the way of wisdom and lead you along straight paths. When you walk, your steps will not be hampered, when you run, you will not stumble" (Prov. 4:11-12).**

This week, turn this promise into a prayer. Memorize these verses or write them out and take them with you. Pray this promise as you make every decision—big or little, business or personal. Record your experiences in your prayer journal.

**52. "I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you" (Eph. 1:18).**

This week, plan a prayer excursion. Go by yourself, enlist a fellow intercessor, or go as a prayer group with some of your Coffee Cup Friends. Go to a public place—a mall, a restaurant, and a ball game. Pray "flash prayers" for people you encounter. Ask God to open the eyes of their hearts so that they will know the hope to which He has called them. If you are with a partner or a group, you may wish to pray out loud in conversational tones. You do not need to close your eyes to pray.