



# Learning to live a Lifestyle of Prayer

Pause • Rejoice • Ask • Yield

## **P – Pause**

*He says, “Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth.” – Psalm 46:10*

‘...taking some time to pause quickly reminds us of who we are coming before. Greig encourages us to deliberately relax and breathe deeply. Studies show we think better when we are relaxed and in a state of peace. With regards to prayer this puts us in a better position to receive from the Lord.

## **R – Rejoice**

*Rejoice in the Lord always. I will say it again: Rejoice! – Philippians 4:4*

After you have taken some time to pause and reflect, rejoicing is a natural outflow. Even when we don't feel like it, rejoicing in the Lord is the right thing to do. It corrects our perspective and reminds us, who God is. Reading Psalms and singing worship songs are great vehicles to motivate our praise. However, don't neglect times of working in your own words.

## **A – Ask**

*You may ask me for anything in my name, and I will do it. – John 14:14*

If you have done the previous two steps, by the time you get to what you want to ask, your heart is in a better position. You are not demanding God to perform for you; you are coming to your Heavenly Father to have Him take care of you. If you don't receive what you ask for, it doesn't mean it wasn't His will or that He doesn't want to give it to you. God delights in our perseverance. So, unless He tells you otherwise, just keep asking.

## **Y – Yield**

*Therefore, I urge you, brothers, and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. – Romans 12:1*

‘...having a heart that surrenders to God puts you into a position where God can translate your requests for things for your good. In your times of prayer, wherever you feel Him leading, follow Him. Yielding yourself to His leading in prayer is the start of a fun adventure.

# Teach me to pray

*You did not choose me, but I chose you and appointed you so that you might go and bear fruit – fruit that will last – so that whatever you ask in My name, the Father will give you! – John 15:16*

## UP

### Pray to God.

Father, thank you for your amazing and unconditional love towards me. Thank You for the hope and future I have; for in You alone I live, move, and have my existence. You hear my every prayer, and you are with me; straighten my path give me wisdom in every situation. Thank you, Jesus for the cross and for gift of eternal life. Holy Spirit, teach me to pray.

## IN

### Pray for others.

Thank you, Lord, for the community You have placed me in. Thank you for the positive influence I can have to all those I connect with daily. Give me opportunities to pray for others. Move my heart with compassion and love to reach those around me with Your grace. Increase my ability to see and love others as You love them.

## OUT

### Pray for South Africa.

Thank you, Father for South Africa, and the plans you have for us as a nation. We pray for our country and our leaders. We pray for Your will and Your ways to flourish as we, boldly and prayerfully, bring ourselves to You Lord. We seek Your face to transform our nation for Your glory.

*"Fear not, for I have redeemed you;  
I have called you by name;  
you are mine!"  
– Isaiah 43:1*

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