

10 PRACTICAL SUGGESTIONS FOR PRAYER

BY J.D. GREEAR

This list is adapted from the conclusion of Just Ask by J.D. Greear, a practical book helping Christians to pray so that it's a delight, not a duty.

1

Riff off of the Lord's Model Prayer.

Take each line of Jesus' model prayer, let it saturate your heart, and then riff off of it. Look to the Spirit to help and guide you as you do it.

2

Use the acrostic ACTS to help you pray.

A – Adoration. C – Confession.
T – Thanksgiving. S – Supplication.

3

Use a prayer companion.

I love *The Valley of Vision*, a collection of Puritan prayers; *The Songs of Jesus* by Tim and Kathy Keller, which prays through the Psalms; and the *Five Things to Pray* series.

4

Set aside two or three brief times a day for prayer rather than one long one.

Aim to pray for five minutes in the morning, for five minutes right after lunch, and for five minutes just before you go to bed.

5

Take a morning walk and pray out loud.

Praying out loud helps us focus on what we're saying and keeps us concentrating on actually praying. Plus, learning to pray out loud prepares us to pray out loud with others, which is a way to encourage others.

6

Set reminders on your calendar to pray for specific needs at specific times.

Have an alarm that goes off at the same time each day to remind you to pray for someone or some situation. Prayer apps like EchoPrayer or PrayerMate can help.

7

Pray in the moment with people.

If another believer shares a concern or problem with you, don't just promise to pray for them (though that's great, obviously). Actually pray for them, right then and there.

8

Prayer-walk your neighborhood, office, or school.

Walk about naturally, praying silently for people and for places, and for anything else that the Spirit prompts you to lift up to God.

9

If you have kids, let them hear you pray.

Nothing disciplines someone quite so well as letting them hear you pray.

10

Enjoy your time with your Father.

Prayer really is our greatest privilege. "Behold what manner of love the Father has bestowed on us, that we should be called the children of God!" (1 John 3:1).



St Botolph's Church Family News Eighteenth Sunday after Trinity 3rd October 2021



Collect - Eighteenth Sunday after Trinity

Almighty and everlasting God, increase in us your gift of faith that, forsaking what lies behind and reaching out to that which is before, we may run the way of your Commandments and win the crown of everlasting joy; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen

Sunday Church Services 3rd October

St Botolph's Church Barton Seagrave

- **8.30am Morning Prayer**
- **10.00am Morning Service**
- **7.00pm Evening Prayer (refreshments will be served from 6.30pm)**

St Edmund's Church Warkton

- **5.00pm Evening Prayer** (Please use the Village Hall Car park in Warkton village.)

We will continue to Live-Stream our Sunday 10.00am and 7.00pm Services as appropriate from St Botolph's Church but please try to join us in Church on Sundays instead, we'd love to see you.

Contact details

Rector:	Revd. Mark Lucas:	Mob: 07788100757	E-mail: rector@stbots.church
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(Opening Hours Mon - Thursday 9:30am - 12:30pm.)



YOUR HELP IS NEEDED AGAIN

There is still much more clearance and tidying-up to do in Church House garden and other work of a tidying nature in and around the churchyard so we are having another working party on **Saturday 16th October at 9.30am**



Previous working party 's have done a marvelous job but there is still much more to do so please consider if you could help again at this one. Please remember to bring your own gardening tools with you.

Fabric Task group.

Harvest Flowers: I would like to say a big thank you to Sylvia Chuter and Kate Curnock for helping with the Church Harvest Flowers and arrangements last Saturday. Having Gods provision displayed around us in our church building helps us to be mindful of all that HE has given to us so bountifully. Chris

What's happening next week?

<ul style="list-style-type: none"> • Sunday 3rd October 8.30am Morning Prayer in Church 10.00am Morning Service in Church (Live-Streamed) 10.00am Promise Land 5.00pm Evening Prayer at Warkton 7.00pm Evening Prayer in Church • Monday 4th October 8.00am Morning Prayer (on YouTube) 9.30am Refresh (Church House) 1.00pm Staff Meeting • Tuesday 5th October 8.00am Morning Prayer (on YouTube) 9.30am St Bots TOTS (Church House) 5.55pm St Bots TROTS (runners meet in Church House Carpark) 8.00pm Church Meets (via Zoom) 	<ul style="list-style-type: none"> • Wednesday 6th October 8.00am Morning Prayer (on YouTube) 9.30am Ladies Bible Study (via Zoom) 8.00pm LINK (Church House) • Thursday 7th October 8.00am Morning Prayer (on YouTube) 11.00am Midweek Worship in Church 7.30pm 1Eighty (Church House) • Friday 8th October 7.30pm Prayer for Israel • Saturday 9th October 9.00am Hour of Prayer in Church House 10.00am Women of Faith in Church House
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Livestream **Watch Now**

**Every Sunday at 10.00am & 7.00pm
Plus Morning Prayer at 8.00am
Monday—Thursday**

MIDWEEK

PRAY . PRAISE REFUEL

As we start our **MidWeek Ministry in Church on Thursday 7th October at 11.00am** please join us if you can, you'll be most welcome. Each week our Thursday morning service will be followed by an activity (start date yet to be advised) to complement our MidWeek Ministry, such as Coffee Shop, Soup & Sandwiches, Bible Study etc however we still need volunteers to organise and helpers to support the various teams with this Ministry before it can be formally launched. Your prayers would be much appreciated as we do this. So if you are keen to assist in our MidWeek Ministry, please let Mark know via St Botolph's Church Office.

Dates For Your Diary

- 1) Confirmation Service 21-11-21**
St Botolph's. Church Details to follow in due cause. (If you are considering Confirmation please speak to Andy or Mark over the next couple of months)
- 2) MidWeek Ministry**
Join us for our MidWeek Ministry service starting on Thursday 7th October in Church 11.00am.
- 3) Women of Faith**
Join the Ladies in Church House on Saturday 9th October at 10.00am