



Practical Prayer Course

Session Five: Tools For Prayer

Part of a six week group study to help start or renew a life of prayer

find this and other resources at redeemermcr.com/prayer

Watch the video as a group and talk through any questions.

Systems help keep things going.

It's good to have a goal, but without a plan to get there, goals aren't more than just good ideas. A healthy system helps keep things going over the long haul. Another word for a system is a habit.

But before we get there...

All this talk of systems and tools and methods can reduce prayer to a technique or mere duty, and God to a thing. The reason we are taking time to look at systems is not for the system itself, but to support your relationship with Jesus. In the beginning it might feel weird, like a job or a duty, but the goal is to get us to commune more closely with the Lord of heaven and earth.

God is more than a job. He is more than a mate. Prayer is more than a mere duty.

Whether formal or not, all of us have systems in place for the people and activities we love. "I go to football on Saturday mornings." "We have a date night once a month on a Friday." "I have a staff meeting on Monday mornings."

What are some of the systems you have in your life at the moment? Could be work, hobbies, friends, leisure, etc.? How does having a system keep you more connected to these things?

If we keep track of these other things, surely we should *at the least* have some kind of system for being with God. Look, prayer is already difficult, let's make it as easy as possible.

Some tools (as mentioned in the video).

Name	Scripture
Date	Item

Prayer cards: keep a stack and pray through a certain number each day. Possible categories: family members, church members, friends/colleagues who aren't believers yet, Redeemer, Manchester, other missionaries, the persecuted church etc. This method and methods like it help us get to prayer more quickly instead of getting stuck just thinking

about it. Here's a [helpful link](#) for verses to spur on prayer.

Apps:

There are mobile apps available that function very similarly to prayer cards.

PrayerMate (prayermate.net) is one of the best.

There are also apps that guide you through praying. These applications will often give you the text and/or audio to pray through. These can be helpful if you've never prayed before or if you find yourself getting too distracted to pray. Some examples: [Lectio 365](#) and [Pray as you go](#).

Journalling

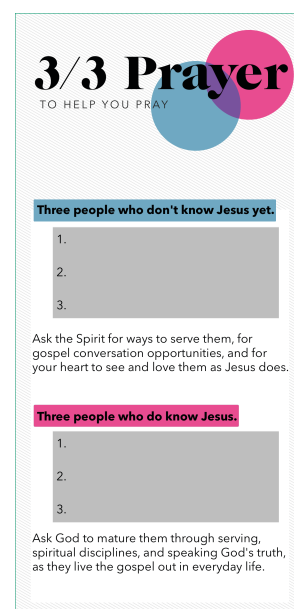
Writing out your prayers to God as well as having a record to look back on can be a way to enjoy more of your prayer life. The key here is to start small and focus on consistency rather than volume.

Your diary:

Don't overlook the simple act of adding prayer to your diary. If you are the type to respond to appointments, why not use them in your relationship with God? Try adding an alarm set for different times to keep prayer going throughout the day.

3/3 Prayer Cards

Redeemer has developed a very simple and basic way to keep prayers focussed. You can use this as a bookmark, keep near your bedside table, or have at hand in a place where you are likely to pray. Download at redeemermcr.com/prayer.



3/3 Prayer
TO HELP YOU PRAY

Three people who don't know Jesus yet.

1. []
2. []
3. []

Ask the Spirit for ways to serve them, for gospel conversation opportunities, and for your heart to see and love them as Jesus does.

Three people who do know Jesus.

1. []
2. []
3. []

Ask God to mature them through serving, spiritual disciplines, and speaking God's truth, as they live the gospel out in everyday life.

Have you tried any of these tools before? Have any been helpful for you? Is there one in particular you'd like to give a go?



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