



SOLID ROCK MINISTRIES



Week 2

A ministry of the navigators

Prayer

Prayer is the way we can communicate with God and hear what he has to say to us. Do you spend regular time where you can communicate with Him or just stop and listen to Him. You can pray quick arrow prayer or have a long extended prayer time with God. We need to take the time and communicate in all different ways to our loving heavenly Father who is available and willing to communicate with us anytime day or night.

There are many ways that we can come before His throne and spend time with him. You can use ACTS. Adoration, Confession, Thanksgiving, Supplication. You can pray straight from scripture. There are so many scriptures that can be used to speak straight to God. You can SOAP a passage of scripture and then spend time praying about what has been laid on your heart.

This week we will look at a few different passages that can be used to pray and also where he teaches his disciples to pray.

Who we are

- Solid Rock Ministries is a community of Defence female partners and serving members on the journey of knowing Christ and being equipped to make him known.
- We have groups that meet around Australia and Coffee in the Word groups that meet at local cafés.

Contact Us

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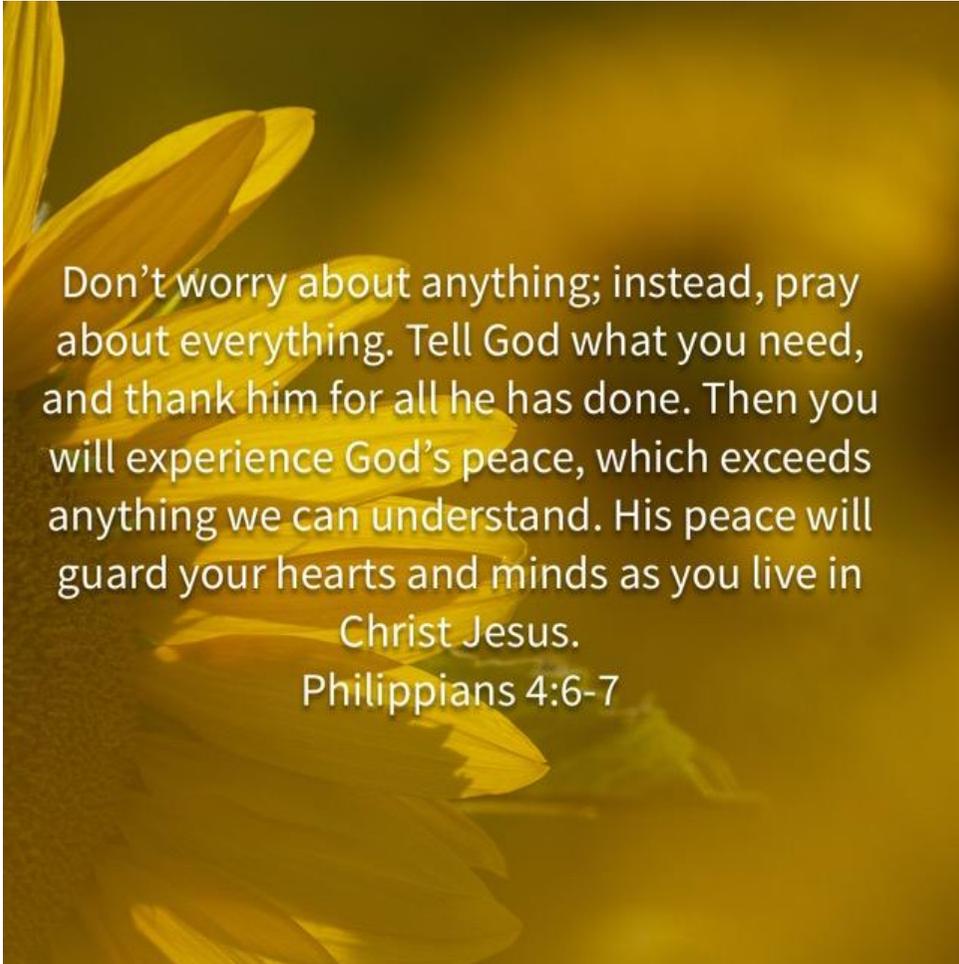
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Prayer Points

Memorizing Scripture



Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Philippians 4:6-7

Getting Started

Scripture: *S = Scripture - Write or type out the verse that stood out to you*

*Read through the Bible Scriptures you would like to for that day. What out for a **particular verse** that stands out for you and write it down in your journal.*

Observation: *O = Observation - What is that verse saying?*

Take some time to meditate on the passages you've just read, and write down in your journal your observations from the readings – the events, the characters, and the context.

Application: *A = Application - How does that verse apply to you today?*

*In the context of the scripture and the observations you've made in the previous two sections, begin to sense and write down what God is calling you to **APPLY IN YOUR LIFE** and in the events that are happening around you from what you have read today.*

Prayer: *P = Prayer - Write or type out a prayer that expresses your heart to God*

Write down your response to God and His direction for your life in a prayer.

I can never escape from your Spirit! I can never get away from your presence! If I go up to heaven, you are there; if I go down to the grave, you are there.

Psalms 139:7-8



Thoughts

1. Have you used ACTS to pray?

Adoration

Confession

Thanksgiving

Supplication

2. Take some time this week to stop and pray. Read Psalm 139 and just sit in God's presence.

3. Do you have a place you can go and spend time with God?
Do you have a plan of how to spend time with God?

Psalm 51

S- Write out the scripture passage that stands out for you.

O- Write down 1 or 2 observations from the passage.

A-Write down how this scripture applies to you.

P- Write down a prayer to God about this scripture and what you have learnt today.
