



PRAYER PROMPT GUIDE

WHAT IS A PRAYER PROMPT?

Chronic Joy® Prayer Prompts are an invitation to take one gentle step, to pray in a comforting and familiar or perhaps new-to-you way, or to cry out on behalf of one precious life today ... maybe even yours.

Prayer prompts:

- Strengthen and deepen our relationship with God
- Change and enrich us (Psalm 51:10)
- Help us to engage with Scripture
- Shed a whole new light on interruptions!
- Equip prayer to nourish and inform the rhythms of our lives
- Develop consistency over time
- Lead us as we pray for others

A PLACE TO BEGIN

1. Set aside a special time and place to meet with God.

For each one of us this may look different. Some might find that being outside draws them closer to God. Others might release their thoughts and prayers best when moving, like when taking a walk or on an elliptical. For others, a special chair or room might open their hearts to connect with God. No matter where you meet Him, it's important to designate a time to sit at the feet of Jesus. It may be a specific time or something more general, like in the morning, but making that time a priority will bless your entire day.

2. Quiet your heart and mind. Breathe deeply.

Life may move at a hectic pace or we may have trouble letting go of anxiety or our "to-do" list, but for most of us, it can be challenging to slow down and quiet our minds. Breathing deeply is a great cue for our bodies to release tension and relax.

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3. Slowly read the Scripture and the prompt, perhaps several times.

Reading slowly and deliberately is another way to reinforce the solace we seek. Reading the Scripture several times then "preaching" those words to ourselves helps us to really "hear" God speaking to us. Scripture transforms us from the inside out.

"When we call on God, he bends down His ear to listen, as a father bends down to listen to his little child."

Elizabeth Charles

4. Write the verse in your journal, noting any words that catch your attention.

Writing in a journal is another way to slow down and it creates a memory of the time we spend in prayer. Scripture on the page - underlined, highlighted, or circled - invites curiosity about what God may want to talk with us about.

"Pray with your intelligence. Bring things to God that you have thought out and think them out again with Him.

That is the secret of good judgment."

Charles H. Brent

5. Talk with God, taking time to listen, then journal your thoughts.

The previous steps begin to soften us, preparing us for a two-way conversation with our loving Father, who wants to hear what's on our hearts and minds. Scripture guides us to a path where the Good Shepherd is waiting to lead us, to remind us of His deep love for us, and to draw us to Himself. While we may not realize that transformation is in process, journaling helps us to see, over time, where we are being lead to love, serve, and care for those in our sphere of influence.

"God never gives us discernment in order that we may criticize, but that we may intercede."

Oswald Chambers

Thrive in a life with chronic illness.

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