

The Prayer Lab

52 Experiments



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This booklet will not do you any good. . .

It will be a waste of your time to read it. . .

Unless. . .

Unless, of course, you decided to actually try the experiments.

Trying things is what this booklet is about. It's also a lot of what the Christian faith is about. Remember what James said? Faith without works is dead (**James 2:26**). If you just listen to the word, but never do anything about it, you are deceiving yourself (**James 1:22**).

If you decide to try the experiments, here's what you do:

It's very simple. Once a week, try a prayer experiment. I suggest you try it early in the week (just in case you enjoy it and want to try it again). This means that for the next year you will once a week set a little special time aside to

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experiment, and, hopefully, deepen your involvement in, understanding of and appreciation of prayer.

The big prayer behind all of these experiments:

“Lord, teach me to pray.”

See Luke 11:1

#1 Go into the Closet

Jesus once talked about having a private place to pray (see **Matthew 6:6**). In the King James Version of the Bible, that place is called a “closet.” Other versions call it a “room” or a “quiet, secluded place.”

For this experiment, stick with the word, “closet.” Go into a closet. Literally. Take a pillow, beanbag or folding chair if you like. Get in there, shut the door and stay in there for 5-10 minutes (longer if you like). During that time, pray about anything or anybody you think of.

Remember that Jesus said that your Father, who sees what is done in secret, will reward you.

#2 Make a List

**“Every morning
I lay out the pieces of my life
on Your altar
and watch for fire to descend.”**

Psalm 5:3 **The Message**

One way to be in touch with the “pieces of your life” is to just write them down. Take a blank piece of paper. Make a list of every person you think you ought to pray for. List every thing you are concerned about, big or little. You don’t have to write out full names or sentences unless you want to. Use your own shorthand.

Once you have made the list, lay it down in front of you (“on the altar”) and go through the list in prayer.

#3 Go for a Walk

“ . . .Walk about Zion. . . ”

Psalm 48:12

I once heard of a man who had a daily “Prayer Mile.” He would get up, go outside, and walk a one mile course—not just for exercise, but for prayer. As he walked, he gave thanks and prayed over every item that came to his mind. This man’s friends often marveled at his physical and spiritual health.

You try it. Go for a mile, or half a mile. Go around the block (if you live in town)—around the pasture or in the woods (if you live in the country). Walk and pray.

#4 Pray on Your Bed

**“ . . .when you are on your beds,
search your hearts and be silent. . .
for you alone, O Lord,
make me dwell in safety.”**

Psalm 4:4,8

Many of us remember getting down on our knees beside our beds when we were children, perhaps praying the well known, “Now I lay me down to sleep. . .” When you turn out the lights and go to bed tonight, lie quietly for a moment on your back (unless this is physically impossible for you), your hands open at your sides. As you look to heaven, repeat that childhood prayer—softly, but aloud:

**Now I lay me down to sleep,
I pray the Lord my soul to keep.
If I should die before I wake,
I pray the Lord my soul to take.**

#5 Imitate Solomon

Read about the remarkable promise God made to Solomon, and his God pleasing prayer in **2 Chronicles 1:7-12**.

Since God was pleased with that prayer, and since there is a real need for us all to be wise, I think this is a good prayer to copy.

Try to think of, or make a list of, all of the matters you need to really be wise about, and as you think of or list them, pray to God to give you wisdom in all of them.

“ . . .If any of you lacks wisdom, he should ask God. . .”

James 1:5

#6 Imitate Solomon Again

In **2 Chronicles 5:12-42** we have recorded another famous prayer session of Solomon. First, notice his prayer postures: Standing with outstretched hands, then kneeling with outstretched hands.

Try reading aloud Solomon's prayer recorded in **verses 14-42**. Then, try a time of prayer using Solomon's postures. Stand, then kneel before the Lord with outstretched hands. Pray whatever comes to mind.

#7 Imitate Paul

Read the following sections of Paul's letters. What do they all have in common?

Romans 1:9-10

Ephesians 1:15-21

Philippians 1:9-11

Colossians 1:9-12

1 Thessalonians 1:2-3

2 Thessalonians 1:11-12

2 Timothy 1:3

Philemon 4

In case you couldn't answer the question, here's the answer: Paul told people he was praying for them, and he often wrote what he was praying.

Today, pray for some friends, and write them a letter telling them what you prayed. If you wish, use one or more of Paul's prayers as a pattern. For example, you may pray,

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“Father, please bless (your friend) today by filling him/her with the knowledge of Your will through all spiritual wisdom and understanding. . .”

Colossians 1

When you have written these prayers, be sure to mail them.

#8 Imitate Paul Again

“ . . . I kneel before the Father. . . ”

Ephesians 3:14

Simple:

—find a secluded place.

—get down on your knees and pray.

You will also be imitating Daniel (**Daniel 6:10**), Ezra (**Ezra 9:5**), and the Ephesians (**Acts 20:36**).

If you can't think of anything to pray at first, just stay there a while. Don't be in a hurry here.

#9 Imitate the Elders

Read **Revelation 4**.

Note how those elders who are seated around God's throne leave their seats and fall down before the Lord. They cast their crowns before Him—any honor they have they want to give to Him. They declare that He is worthy.

Try leaving your seat and falling face down on the floor before the Lord. If you have any honors (trophies, ribbons, accolades, places in honor rolls, etc.) mentally place them before God's throne and give them to Him.

Try to think of all the wonderful things you know about God, and thank Him for them.

#10 Pray the Lord's Prayer

Our Father

Which art in heaven,

Hallowed be Thy Name.

Thy Kingdom come,

Thy will be done

On earth as it is in heaven.

Give us this day our daily bread;

And forgive us our trespasses,

As we forgive those who trespass against us

And lead us not into temptation,

but deliver us from evil

For thine is the Kingdom, and the power,

and the glory

Forever,

Amen.

Pray this prayer one phrase at a time. After you say each phrase, pause for a while and see where your thoughts take you.

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For example, after the first phrase, you might think of all the things you can relate to the word, “Father. . .”

Take your time. Don’t rush through this. This is one of the greatest prayers the human race has ever been given.

#11 Breathe and Pray

A fairly recent song is titled “Breathe.” Another song lyric goes, “. . .every breath I take I breathe in You. . .”

Try to pray through the Lord’s Prayer a breath at a time.

Here’s how you do this:

As you breathe in, pray the first line, “Our Father, which art in heaven. . .”

As you exhale, pray the second line, “. . .hallowed be Thy Name. . .”

Slowly pray through the entire prayer this way. Try to be as sensitive to what you are praying as how you are breathing. . .

#12 Pray with a Friend

Remember what Jesus said about praying in twos or threes?

“. . .if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. For where two or three come together in my name, there am I with them.”

Matthew 18:19-20

The big idea here is to get together with one or two others and try to live out this teaching. You start by agreeing what you believe is valid to ask for, then you ask for it together.

It can be a little risky to ask a friend to get together for prayer, but if what the Lord is promising here is true (and it is), think of what a blessing you might be missing!

If you have no friends you think you can ask to try this, ask a leader (Sunday school teacher, deacon, youth group leader, etc.).

#13 Pray At Your Church Building

Read **Psalm 84**. It is obvious here that the psalmist found going to the temple a pleasant experience.

We know that our current church buildings are not the same as the Old Testament Temple, but they do often provide a good place to pray.

Try it. Go to your home church building when nothing is going on in the main auditorium (or come early, or stay a bit later after a meeting). Experiment with sitting in different places in the room. Pray to God about whatever comes to mind while you are there.

#14 Pray Through Your Church Building

Read **Psalm 27:4**. The psalmist so loved the Temple that he would not have minded living there. We know (as I wrote last time) that our church buildings are not the same as the Old Testament Temple. Still, a lot of good activities go on there.

Go to your church building, and slowly prayer walk through the entire place. As you walk, pray about what seems appropriate in each area. For example, in the main auditorium you might give thanks for and pray for the musicians, the preacher, the choir, and individual members and their families. In the nursery, children and those who care for them. . .etc.

#15 Pray Outdoors

“. . .Jesus often withdrew to lonely places and prayed.”

Luke 5:16

The gospels tell us that Jesus often went outside by Himself, to pray (see **Mark 1:35**, **Mark 6:46** and **Matthew 14:23**). It appears that He normally went out to the Mount of Olives after the evening meal to pray (**Luke 22:39**)

You try it. Go for a walk and seek out a place you think would be a good place to pray. When you have found it, ask the Lord to bless that place and to guide your thinking and praying while you are there.

Don't leave this place too quickly. Stay long enough to get quiet and calm, as well as to take your time trying to express your thoughts to God.

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Later on, you might want to return to this place. It could become one of your favorite places on earth. . .

#16 P.R.A.Y.

Through the years, believers have developed many aids to prayer. One of them is the acrostic. An acrostic is a word in which each letter stands for a word.

One of the most well known prayer acrostics is “A.C.T.S.” These letters provide an excellent outline for a time of prayer. They stand for:

- 1. Adoration** (reflecting on the greatness of God)
- 2. Confession** (admitting sins and asking for forgiveness)
- 3. Thanksgiving** (gratitude for blessings)
- 4. Supplication** (requests for yourself and others)

Another good one is “P.R.A.Y.”

- 1. Praise**
- 2. Repentance**

3. Anything else

4. Yourself

Use one of these acrostics to guide your praying today.

#17 Pray with Your Fingers

Most of us are familiar with the famous painting called “Praying Hands.” Hands placed together in that way seem to imply prayer.

You can use your hands for an outline of a time of prayer in the following fashion:

1. Start with your **thumb**. Let your thumb remind you to pray for people who are close to you: relatives, good friends, etc.
2. The **first finger** reminds us to pray for people who point the way: leaders, teachers, ministers, etc.
3. The **middle finger**, the tallest one, is to remind us of prominent people: national leaders, celebrities, newsmakers, etc.

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4. The **third finger** is often considered the weakest finger, and it represents people who are weak: the poor, those who are ill, etc.
5. The **little finger**, the smallest, represents you. Finish by praying for yourself.

Use this outline for a season of prayer today.

#18 Pray with Your Body

Read **Proverbs 4:20-27**. Note the “body” references, including the “whole body,” “heart,” “mouth,” “eyes” and “feet.”

Now read **Romans 12:1-2**.

Stand, sit, or lie down and slowly pray through your body, dedicating it to God part by part. Start at your feet and work up, or start at the top of your head and work down.

With each area of your body, pray about the issues that come up that may go beyond the physical. For example, when you pray for your head, you may pray about your thought life; when you pray about your heart, you may pray about the “loves” of your life, etc.

#19 Pray the Newspaper

Read **Psalm 2**. There is a contrast here between what is going on in heaven and what is happening on earth.

The newspaper tells us a lot of what is happening on earth. Get a copy of your local paper. As you read (or skim) through, pray about what is happening in the world or in your community. Leave no area out. Pray about sports, entertainment and financial issues, as well as the rest of the news. Don't forget the want ads and personals (which often reveal real needs).

#20 Sing a Prayer

By definition a psalm is a “song sung with an instrument.” If you read Psalms in the Bible, you can’t help but notice that most of them are prayers. So the psalmist sang a lot of prayers to God.

We can do the same. Borrow a song or hymn book from your church, and notice how many of the songs are addressed to God. If you collect worship CDs or tapes, notice how many of the songs on them are addressed to God.

If you have the technology, string together a group of songs, all addressed to God, and sit down by yourself and sing/pray along. Let the songs guide your praying. If you have no electronic toys, just mark several of the songs in the books and read/sing through them to God for a prayer session.

#21 Do Nothing

“. . . I have stilled and quieted my soul. . .”

Psalm 131:2

Once upon a time there was an old man who went to a church every day to pray. One day, the minister decided to ask him about it. “What do you say to God in all that time?” The man smiled and answered, “I don’t say anything. He just looks at me and I look at Him.”

He simply enjoyed being with God. Why don’t you try that today? Find a place where you can be alone, and just go sit there before God. Still your body. Close your eyes. Quieten your mind. Just listen and be with your Father.

How long do you stay there? Well. . .as long as you like. If you have never done this before, you might try some definite time period—say, 10 minutes. If your watch has an alarm, and you want to set it to go off after the time period, fine. Just do nothing, and see what happens.

#22 Follow Jesus' Directions

If you read what Jesus said about prayer, here and there you will find specific requests He talked about. For example, in what we call the Lord's Prayer, He told His disciples to pray:

- For daily bread
- For deliverance from evil
- For forgiveness

See Matthew 6:9-13

Look up some of the other things He said to pray about, and have a time of prayer in which you specifically pray about the things Jesus said to pray about. Be sure to include the requests mentioned above, as well as what you find when you look up the following verses:

Luke 11:13

Matthew 5:44

Matthew 9:38

#23 Object Prayers

A friend once gave me a pen as a gift. For a year, every time I used that pen I thought of and prayed for my friend.

Objects can be good prayer reminders.

Make a small collection of objects (include photos if you like). Each object should remind you of a person or a concern. Once you have a little collection, pick each object up and pray for the person or concern the object reminds you of.

You can make this an ongoing practice by putting objects in your pockets, purse, on key rings, etc.

#24 Pray with Pen and Paper

“I will climb up into my watchtower and wait to see what the Lord will say to me. . . Then the Lord said to me, ‘Write my answer in large, clear letters on a tablet’ . . .”

Habakkuk 2:1-2 **The Book**

Sit down with a blank piece of paper and a pen. Ask the Lord to show you who or what you need to pray about. As names come to mind, write them down. If wandering thoughts seem to want to distract you, write them down. If you think of work you need to do, errands you need to run, etc., just write that down, too. Some people plan their days this way.

Your imagination could be stimulated. You may get new ideas for stories (if you are a writer), sermons (if you preach), lessons (if you teach), songs (if you are a songwriter), etc. Spending time with the Creator can spark your own creativity.

#25 Pen, Paper and the W's

Take a piece of blank paper. Space the big 5 W's down the page (see below). Dedicate a period of time for prayer, and let the answers to the W's direct what you pray about. For example, after "WHO?" you may think of various people you want to pray for.

WHO?

WHAT?

WHEN?

WHERE?

WHY?

#26 Pray with Your Bible

**“Open my eyes that I may see wonderful things
in your law.”**

Psalm 119:18

Sit down with your Bible in a quiet place. Start by praying the verse above, then just leisurely browse in your Bible. Allow different things you read to guide your praying.

For example, you may read a wonderful promise. Give thanks for it, and ask God to help you appropriate it into your life. You may see a warning, and pray to avoid it. You may see something you need to incorporate into your life. Pray for energy and determination to do it.

This is not a Bible study. In the future, however, as you study the Bible, you may want to incorporate praying into your study time as well.

#27 Dear Father. . .

Take a piece of stationery or plain paper, and write a letter to God. Begin just like you would any letter to a good friend: “Dear Father. . .”

Just express yourself to the Lord like you would anyone else you deeply care for, or anyone you believe deeply cares for you. Strive for openness and honesty, and end the letter with the traditional, “Sincerely Yours. . .”

When you have finished writing, softly read the letter to the Heavenly Father.

#28 Do Something

An old classic writing on prayer is Brother Lawrence's **Practicing the Presence of God**. Lawrence worked in a monastery kitchen, and he wrote about turning chores such as washing dishes or scrubbing floors into prayer times as well. He felt as "at home" praying while washing pots and pans as praying in the chapel.

Try to dedicate some job to a time of prayer. Volunteer for it, or just find something that needs doing in your world and do it without being asked. Clean the house, mow grass, chop wood, pick up trash, etc. While you are performing the work, consciously try to be praying at the same time. Pray about what you are doing, or just let your mind wander and pray about whatever comes to mind.

#29 Have a Prayer Interview

“As iron sharpens iron, so one man sharpens another.”

Proverbs 27:17

When I was a boy, I was often impressed by the way older Christians prayed, but I never asked them about their prayer life.

Ask another Christian you look up to about their prayer life. You might include some questions like:

- **How do you have prayer time?**
- **What advice would you give a person like me about prayer?**
- **Is there anything in particular that helps you, or inspires you in your prayer life?**

#30 Pray with Post-Its

Get a pack of Post-It notes. On the notes, write the names of individuals you believe you need to pray for. Additionally, write other concerns you have. Use your own code here if you wish. You do not have to write entire situations out. For example, you might be concerned about raising money for something. On this note, you might just put a dollar sign to remind you of the entire situation.

Stick the notes on the wall in your room, on the mirror, on the refrigerator, etc. Be sure to put them where you will see them regularly. Pray for whomever or whatever is written on them now and in the future every time you see them.

#31 Pray Politically

“I urge, then, first of all that requests, prayers, intercession and thanksgiving be made for everyone—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. . .”

1 Timothy 2:1-2

Make a list of all the people you can think of who are “in authority.” Start with the president, vice president, and all other national and international leaders you can collect. Once you have listed these people, list every other person you can think of: policemen, judges, principals, mayors, councilmen, etc.

Once you have compiled the list, take some time and pray through it name by name. Include in your prayer time the request at the end of the above verse: the prayer for peaceful and quiet lives in godliness and holiness.

#32 Phonebook Prayers

A good way to pray for your town (or locality, if you don't live in a town) is to get a phone book and turn to the Yellow Pages.

As you thumb through these pages, be praying for whatever comes to mind. There might be places you pray to be blessed, or establishments you pray to be shut down. You can pray for all the churches in the area. Likewise schools, hospitals, doctors' offices, law firms, construction sites, etc.

From one location, you can blanket your area with prayers. Try it.

#33 Make an “Enemy” List

“. . . Love your enemies and pray for those who persecute you.”

Matthew 5:44

“May God arise, may His enemies be scattered.”

Psalms 68:1

Those two verses seem contradictory, unless you consider that the greatest thing to happen for some of God’s enemies would be that they would be scattered. Of course, any enemy who hears and accepts the good news about Jesus will no longer be an enemy. That would be the best “scattering” of all.

Make a list of every enemy you know of—enemies of our country, the church, society, etc. Include those you think might be your personal enemies. You might also ask the Lord to rebuke our great enemy, the devil (see **Jude 9**).

#34 Read/Pray/Learn/Pray

Get a Bible concordance or a Topical Bible, and look up a bunch of references about prayer (for example, try reading everything said about prayer in **John 14-16**). When you read a reference, if it is something you already knew, give thanks, pray about that and go on. If it is something that you do not think you know, ask the Lord to teach you about it.

You are following the example of the disciples when they asked the Lord to teach them to pray (**Luke 11:1**).

p.s. If you don't know what a concordance or Topical Bible is, or how to use them, ask a teacher or minister. These are helpful books you ought to know about!

#35 Say, “Thank You.”

“In everything give thanks, for this is the will of God. . .”

1 Thessalonians 5:18

Pray the words, “Thank You,” fifty times. That’s right. Just say, “Thank You.”

After you have done this, see if you can think of fifty things to give thanks for. Do not be intimidated. It is not that hard to think of fifty things. Also, do not ask for a single thing in this prayer time. Monitor how you feel after this experiment. Many find gratitude to be quite refreshing.

#36 Say, "I Love You."

"I love the Lord..."

Psalm 116:1

Pray the words, "I love you" fifty times. That's right again. Just tell the Lord you love Him fifty times.

After you have done this, make a list of all the reasons you Love Him. You might include any songs you know that speak about loving God, such as "I Love You, Lord," or "Oh How I Love Jesus."

Again, do not ask for anything here.

#37 Try 3 Times a Day (or 7)

David wrote about praying to God “evening, morning and noon” in **Psalm 55:17**. Daniel regularly prayed three times a day (**Daniel 6:10**). The psalmist in **Psalm 119:164** said, “Seven times a day I praise you.”

Devout Muslims pray five times a day. Many Christians have trouble getting in one session.

Today, try to have at least three times of prayer. Stop whatever else you are doing. Get alone, even if it is for only a few minutes. If you want to go an extra mile, try to set aside seven time periods (about every two and a half hours).

#38 Copy Jesus' Prayer

Make a list of your Christian friends. This could be members of your Sunday school class, youth group or just various Christians you know—or just think about the people in your church.

Now turn in your Bible to **John 17**. In this chapter, Jesus is praying for those who would be believers. Pray the requests of Jesus for your friends. Some specific requests can be found in verses **11, 15, 16** and **20-23**.

#39 The “No Agenda” Prayer

“ . . .Thy Will be done. . . ”

Matthew 6:10

We often come to prayer with a list of things we want, or don't want, need, or at least think we need.

Try setting aside a time to pray in which you have absolutely no agenda. Just go before the Lord and say, "What do You want?" Then you just stay there and listen for a while.

Remember when Samuel was told to say to the Lord, "Speak, Lord, for your servant is listening." (1 Samuel 3: 9-10)

You might want to take along some paper and a pen, just in case the Lord reminds you of something and you need to write it down so you won't forget it.

#40 Pray for Sinners

“If anyone sees his brother commit a sin. . .he should pray. . .”

1 John 5:16

Do you have any friends or acquaintances who apparently are not living a godly life? We could gossip to others about them, or we could pray for them.

Read the following verses in your Bible and ask yourself how God feels about sinners:

Galatians 6:1

James 5:19-20

1 Timothy 2:1-4

Have a time of prayer in which you focus on people you do not think have the relationship with the Lord that they really need. Pray for influences in their lives that will lead them to

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what they need. Ask God if there is anything you can do that will help them.

#41 Pray for Missionaries

“Go into all the world. . .”

Matthew 28:18-20

Get a list of all the missionaries your church supports.

Add to the list any missionaries you know about.

Today, pray for each of them by name.

You might want to send them a brief note letting them know you are praying for them.

You might also be inspired to do something else—maybe send money, or some other tangible gift. If so, be faithful to the generous impulse.

#42 Make an Album

Buy or make (with construction paper) a simple photo album. Paste pictures in it of people you care about.

Slowly look at the pictures, and as you look, pray for these individuals the things that come to mind as you think about them.

#43 Be a Psalmist

“Sing to the Lord a new song”

Psalm 98:1

The Psalms were the song book of the Hebrew people. Today, read a few of them. You will notice if you read very much that many of them are addressed to God, and are therefore “prayer songs.”

After you have read a little, take a sheet of paper and either write a paraphrase of one of the Biblical psalms, or write one of your own. Once you have written, read your “new song” to the Lord. If you are musically inclined, you might try singing it as well.

#44 Build an Altar

“ . . .he built an altar to the Lord. . .”

See Genesis 12:7, 13:18 and 22:9

In Old Testament days, an altar was a place of sacrifice, prayer, and dedication. Although we live under the New Covenant, which has a better altar (see **Hebrews 13:10-13**), it can be a good experience to go to a quiet place and build a little altar to remind yourself of your own willingness to be dedicated to the Lord.

Find yourself a reasonably secluded spot (outdoors is usually best), and build a little altar. Stand there for a while and pray about being totally dedicated to the Lord. You might place something on it to symbolize your commitment (a special rock, a piece of paper, etc.). Some day you may want to come back to this place and remind yourself of what you did there.

#45 Pray Around the Block

If you don't live in a city, call this experiment, "Pray around the neighborhood." Go for a prayer walk around where you live. As you walk, pray the thoughts that come to mind. For example, as you pass various homes, pray for the families in those homes. If you see children or toys in yards, pray for the children that live and play there. If there are things that trouble you where you live, pray about those issues.

You might be inspired to do something in your neighborhood—pick up trash? Go visit an elderly couple? Invite a neighbor to church? Try to start a Bible study or outreach activity? If you sense the Lord wants you to do something, be faithful to this guidance.

#46 Clean Up Your Act

**“Search me, O God, and know my heart;
Test me, and know my anxious thoughts.
See if there is any offensive way in me,
And lead me in the way everlasting.”**

Psalm 139: 23-24

Spend an entire prayer time asking God to examine you like the verses above say.

If all is well, thank God for keeping you clean. If things come to mind that you know are wrong, confess them to God and accept His cleansing (see **1 John 1:8 and 9**).

Reading one of the great confession Psalms like **Psalm 51** can be helpful here. Try it.

Don't rush out of this prayer time too quickly. Let your final prayer be, “Is there anything else?” You will probably know whether or not there is something else. Do not stop until you have allowed yourself to be really cleaned up.

#47 Late Night Prayers

“At midnight I rise to give you thanks. . .”

Psalm 119:62

Before you go to bed one night, tell yourself that if you wake up during the night, you will try to pray before going back to sleep. If you can think of nothing at all to pray for, just copy the psalmist and try giving thanks for everything you can think of to be thankful for. Do not worry about going to sleep while you are praying. Fathers do not have a problem with their children talking to them as they go to sleep.

A variation on this experiment is to pray before you go to sleep that God will wake you whenever He wants to. If He wakes you, you will pray. If you try this experiment, be sure to try to think in terms of who you need to pray for.

Someone you know may be having a rough night, and you will be helping them with your prayers.

#48 Library Prayers

Reading the prayers of others can help your own prayer life. Go to the public library, and look up books of prayer. Look under the title, “The Prayers of. . .” (One of my favorites is **The Prayers of Peter Marshall**, compiled by Catherine Marshall). You will likely find books containing the prayers of well known historical figures, or significant Christians of the past. There are also books like **The Book of Common Prayer**, which contains prayers for all kinds of occasions, and books that are collections of prayers by various authors.

Your goal is just to browse through these books. As you read the prayers, you may find that some of them are very good at expressing just what you would like to be able to express to God. Feel free to have some prayer time there in the library using these prayers. Also feel free to check out and take home any collection you particularly enjoy.

#49 Go On a “Prayer Trip”

Almost every local church has individuals who visit the sick, elderly, and shut-ins. Many also do other kinds of visitation: nursing homes, prisons, prospective members and simple visits to folks with the purpose of sharing Christ.

Your minister or elders will know about this kind of visiting. Ask them if you can go along with them on a call. Tell them you are trying to strengthen your prayer life, and tell them you will go along as a prayer partner.

On these visits, you do not need to do anything but just be present and be praying. Try to support the minister or whoever is leading the visit with your prayers. If sometime during any of the visits you are called on to lead in prayer, go ahead. Rise to the occasion.

#50 Rest

“My soul finds rest in God alone. . .”

Psalm 62:1

Find a quiet and comfortable place. In your room, on your bed or in an easy chair will do.

Take a Bible and read the entire **62nd Psalm**. After reading, just sit or lie there quietly for a while and “rest” in the Lord’s presence. You do not need to say anything. You are just being present with Him, relaxing in the knowledge that no one knows you better and loves you more.

If you go to sleep, that is okay. If you ask for anything, ask God to teach you how to rest in Him like David did.

#51 Night Sky Prayers

**“When I consider Thy heavens,
the work of Thy fingers,
The moon and the stars
which Thou hast ordained;
What is man,
that Thou dost take thought of him?
And the son of man,
that Thou dost care for him?”**

Psalm 8:3-4

It is obvious from this passage that David spent some evenings looking at the sky, and that this looking caused him to wonder about some things.

Take an evening when the stars are out, or there is a good view of the moon, and go out like David under the moon and the stars. Consider God’s heavens. Allow any questions that come to your mind to be directed toward God.

#52 Pray for a Dream

**“ . . .In the last days, God says,
 . . .your young men will see visions,
 your old men will dream dreams. . .”**

Acts 2:17

For your final prayer experiment, ask God to give you a dream—a vision. Ask Him for a dream of what you could be or do for Him. Ask Him to give you a vision of what He could do through you if you were completely committed. Ask Him to give you a vision of what your youth group or your church could be. Ask Him to plant a big dream in you of something you could pursue in your lifetime.

Remember that almost every accomplishment of man started with some kind of dream. May all of us who live in these “last days” be dreamers and visionaries.

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