



*Experiment with Prayer*





## About

This is a simple prayer book. The prayers inside were written by some of the men and women at First Baptist Church of Tarrytown. They are simple prayers, but we believe that when we reach out to God, he will meet us.

You might believe in God. You might not. That's okay.

Consider this an experiment to see if God will show up!



## Posture

There are a variety of postures people take when they pray. People fold their hands, or raise their hands, or turn their palms upward toward the sky. Men and women close their eyes and bow their heads, or lift their eyes wide open to the heavens.

Whatever you feel connects you best with God while praying is okay.



## Time

Take a little time over the next two weeks and pray a prayer each day. See what happens. It will only take a few minutes a day, so feel free to pray longer and add your own prayer requests to this daily practice.

If you need to reach out at any time, please contact us via the information at the back of this booklet.

**EXPERIENCING GOD**

Dear God,

This life of mine is a mystery- how and why I'm here and what my purpose is in this world. Do you even exist, and can I communicate with you? I want to know if there is something more than just what I can see with my eyes.

In the Bible it says, "Ask and it will be given to you, seek and you will find, knock and the door will be opened to you" (Matthew 7:7).

So, I knock now, Lord and ask you to reveal yourself to me in a way I can understand. Help me to learn more of you as I seek answers in the Bible. Give me a sense of your peace and presence. Guide and teach me as I open my heart to whatever your will is.

Thank you, Lord. I anticipate that as I keep knocking a change will happen.

"As the rain and snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater. So is my word that goes out from my mouth; it will not return to me empty but will accomplish what I desire and achieve the purpose for which I sent it" (Isaiah 55:10-11).

Amen

## IMPROVING LIFE

Lord, I'm not really sure about this, but I know I need you in my life.

I need things to get better. Well, really, I need to be better. To be honest, I'm not perfect; in fact, sometimes far from it, and I know that. Even when I try hard, I still mess up.

Someone told me that you love me, that you sent Jesus to die for me, for my flaws. I'm not sure I understand all that, but I want to be closer to you. I know I can't change myself; I think only you can do that, and it sounds like Jesus is the only way to get you into my heart, making changes. So, thanks for sending Jesus. Please forgive me for what I've done. May his resurrection become real to me, and may the same resurrection power begin to change my life.

Please take over my life, take over my heart, and start making me who you want me to be.

Amen.

## **NATURE AND INSPIRATION**

My soul rejoices and my faith is strengthened Lord.

I see the Earth declaring the splendor and glory of GOD.

Reflecting the heavens in the sun, stars & moon that bring us light.

Your majesty flowing like a river down the snow-covered mountains to the valley,

Your Glory living in and on the sea magnified in the abundance You created.

I ask You, oh Lord, to shape my life and actions to reflect Your glory as in Your creation.

Amen.

**FRUSTRATING**

God,

there are circumstances that are frustrating to me.

I want things to be different than they are, but I am not sure how to change the situation. Please give me wisdom as you have promised to those who ask.

Please give me the strength and perseverance to change what I can change, peace in accepting the things I cannot change, and the wisdom to know the difference.

Amen.

## RECEIVING FORGIVENESS

Dear Lord,

I am here to admit and confess my thoughts and actions that are wrong. Sinful. Your Word says, “If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness” (1 John 1:8-10).

Thank you, Jesus, for dying on the cross for my sins. Make this forgiveness real and motivating for me. Help me to live in a way that is right in your eyes.

Strengthen my conscience and show me when I slip into any bad habits or thoughts. Remind me to confess and repent - to turn around and go the other way from sin.

I am grateful that because of you, Jesus, I am no longer a slave to sin. And because of your resurrection, I can live in total freedom as you lead me.

Amen.

**THANKSGIVING**

Heavenly Father, I come to you with a grateful heart.

Thank you for the breath in my lungs and the ability to see another day.

Thank you for bringing hope even through difficult times and for your mercy and grace upon my life.

Thank you for being with me everyday and protecting me and those I love and care for.

Thank you for the many gifts you have bestowed upon me.

You alone deserve the glory and praise.

In Jesus' name, amen.



**PATIENCE**

Heavenly Father,

today I come to you with a prayer for patience.

In a fast-paced world full of instant gratification and restlessness, help me to trust in your timing.

Allow me to rest, that in knowing and abiding in you all my needs will be met.

Help me grow a better understanding of patience during this season of waiting and grant me peace.

In Jesus' name I pray, amen.

## PROVIDING FOR NEEDS

Dear Lord Jesus,

Life is hard at times. It's a struggle to make ends meet. My needs are so great, and it doesn't seem possible to make it through. But your word tells me not to worry and to trust in you for all things:

“So do not worry, saying, What shall we eat? or What shall we wear? For the pagans run after these things and your Heavenly Father knows that you need them. But seek first His kingdom and righteousness and all these things will be given to you as well. Therefore do not worry about tomorrow for tomorrow will worry about itself. Each day has enough trouble of its own” (Matt. 6:31-34).

Help me Lord as I surrender my needs to you, trusting that you will provide (perhaps in unexpected ways) as I yield to your will.

Amen.

**ANGER**

Lord, I get angry.

And you know why, so I'm not going to get into it.

Will you please do something about it? Lightning, thunder, maybe a little smiting if you're so inclined? I know my anger won't do any good, but it's like a big ball of fire in front of me; hard to avoid, and hard to see around.

I want to be kind and loving, and I want this to work out, but I'm having a hard time getting past the intense feelings.

Please help me to know what you want me to do, or maybe not do, and give me the strength. And please Lord, give me patience. Lots and lots of patience. Change me Lord, please.

Amen.

## **FINANCES**

Dear God,

Guide me in my financial journey. Grant me wisdom to make right decisions and the strength to face hardships. Bless my efforts. Help me trust in your provision. Lead me to financial peace and overflow in Jesus.

Lord, you know my wants and dreams. Align what I want with your will for my life. Continue to guide me and help me in everything so that my life is what you want it to be.

Heavenly Father, thank you for every great blessing you have given me. Help me to remember all that I have. Help me to appreciate what you're doing for me, in me, and through me in Jesus.

Amen.

## **STRUGGLING**

Dear God,

When I'm struggling and don't know what more I can do, please help me to remember that I don't have to go it alone.

Help me to remember that you are in control, and I can trust the plans you have for me. Help me to trust that you will provide for all my needs.

And I pray the Holy Spirit will give me the wisdom to know what your will is for me plus the strength and perseverance to do it.

And through everything all the time, I thank Jesus for his love that saved me and heals me when I need it.

Amen.

## **FAMILY**

Jesus, I'm praying for my family.

You know how much I love them, how thankful I am.

You know that I would do anything for them. And you know about the problems. Sometimes it's scary, and I'm not sure how to handle it. Sometimes it's infuriating, and I definitely do not know how to handle it.

I want them to feel loved, and I want them to be protected, and I want them to do well, all at the same time. And I want them to know you, to love you.

Please Lord, teach me what to do. Help me to be a better family member. Protect my family, and pull them closer to you. And please, change hearts in all of us. Help us to see you and to love you, together, as a family.

Amen.

**PAIN**

God,

I have been hurting for so long, and have pleaded with you for relief, but the pain lingers on.

I know that you can use discomfort to refine me and grow me, yet I no longer feel that I am growing through this.

I also know that my desires are often not your desires, and you can be working for my good even when it hurts. Please show me your purpose in this discomfort and help me to grow through it.

And grant me relief when you have served your purpose in it.

Amen.

## HELP ME

Lord, help me!

Direct my words and guide my actions.  
Help me!

To make choices that honor you.  
Help me!

To know when to speak up and when to shut up and just listen.  
Help me!

To speak truth with words that are humble, gracious, and kind.  
Help me!

To know when to confront evil with courage, and when to show mercy and forgiveness.  
Help me!

To encourage, uplift, and reflect your unconditional love and kindness.  
Take my thoughts, govern my attitude, and shape my heart to be like yours.  
I ask this in the name of Jesus.

Amen.



Our Father, who 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, for ever and ever.  
Amen.

If you have experienced God during these two weeks, he is reaching out to you. He is inviting you to follow him, to know him, and to become a member of his family.

The Bible says “If you confess with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved” (Romans 10:9).

We are saved by trusting in Jesus.

All of us have sinned against God. Think of sin, not just as the bad things we do, but also the attitude that says to God, “I am the god of my life. You can’t tell me what to do!”

God loves us, but God is also a god of justice and must punish sin. That is why Jesus came down. He lived the perfect life you and I can’t live. He died the death we deserve - separation from God. And he was raised from the dead!

Our good works can’t save us because they can’t undo the wrongs we’ve done. But when we put our trust in Jesus we are forgiven before God! God adopts us! He welcomes us into his family! And he gives us a good inheritance in the life to come - eternal life!

“For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord” (Romans 6:23).

Why not choose to trust in Jesus today? Give him your burdens and discover the freedom that comes from his forgiveness.

## TRUST

Believe that Jesus died for your sins and rose again.

## READ

Begin reading your Bible every day. A good place to start is the Gospel of John.

## PRAY

Continue with the discipline of prayer. You can pray these prayers, use a prayer book or pray whatever is on your heart and mind.

## CHURCH

Get involved with a Bible-believing church. The Church is God's family on earth. He reveals himself through the work of the Church.

## SERVE

Followers of Jesus are called to serve like Jesus served. Find a church with service opportunities or volunteer with an organization you feel passionate about.

# Need to talk? Reach out!

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