

# A GUIDE TO PRAYER

(This guide is a companion to our [Bible Reading Plan](#))

## 1. Begin with a few moments of silence to focus on God's love.

- Find a quiet place and take a deep breath. Sit in stillness, imagining God's loving presence surrounding you.
- Picture a perfect Father who delights in you—not because of what you've done, but simply because you are His. You are loved more than you can imagine. Let this truth settle into your heart. He is pleased to spend time with you.

## 2. Surrender your will to God's.

- We all build kingdoms—our plans, dreams, and desires. But Jesus invites us to let God's kingdom take priority.
- Say something like: "God, I want Your kingdom more than my own. Help me trust You with my plans. Use me to show others Your love and goodness today."

## 3. Become aware of what you are feeling.

- Review the feelings list from *The Process* sermon series (you can find it at [here](#)).
- Tell God what you are feeling.
- Ask him to help you trust him with whatever is happening in life.

## 4. Reflect on a Bible Passage

- Using the reading plan in the **GBC App**, read the selected scripture and spend a few minutes reflecting on this sacrifice for you.
- The point is not to master the content, but to allow the reality of Jesus' sacrifice to sink deep into our hearts.
- As you read, you may find this GUIDE helpful;
  - G – God:** What does this passage teach me about God?
  - U – Understand Myself:** What does this passage teach me about myself?
  - I – Instruction:** Is there a command, sin, promise, or example?
  - D – Display Jesus:** How does this passage point me to Jesus?
  - E – Engage:** What is God inviting me to do, believe, or feel differently?

## 5. Ask for forgiveness.

- None of us are perfect, and God doesn't expect us to be. Bring your mistakes and failures to Him. Say: "God, I've messed up in \_\_\_\_\_. Please forgive me. Help me start fresh."
- Forgiveness is a gift—not something you earn but something God freely offers because of His love.
- If you need to ask someone for forgiveness, do it!

## 6. Forgive others.

- Is there someone you need to forgive? Unforgiveness can weigh us down and keep us stuck. Ask God to help you let go of anger or resentment. If you need to talk to someone, do it with humility and love.