

# DAVID'S MEN

SEEKING THE HEART OF GOD



## Prayer

This month we focus on prayer. The quality of your relationship with your Heavenly Father is significantly impacted by your communication with Him. Do you ever feel your prayer life is inconsistent, ineffective, or lacks depth? If so, you're not alone!

Prayer is hard to explain on paper. It must be experienced to be understood. Therefore, our main objective this month will be to experience prayer.

There are two assignments this month. One is to spend a half-day alone with God, and the other is to keep a 30-day prayer journal. They are challenging and will likely stretch you beyond your comfort zone...and radically change your prayer life. If you cut corners on these exercises, you will regret it. DMs who give their best always come back excited about these experiences.

Spending time alone with God is not a radical assignment; it is an expectation from God and modeled by our Savior. Jesus often retreated to be alone with God for extended periods of time (e.g., 40 days to prepare for His public ministry, all night to prepare for the cross).

In his book *Point Man*, Steve Farrar describes our role in the family as a point man on patrol. This month, we will prepare to lead our families through the snares and dangers of this world. To paraphrase boxing champion Joe Frazier, a champion is not made in the ring, he is only revealed in the ring. The hard work and determination that made him a champion took place in his private disciplines that prepared him for the battles to come. In the same way, God's man is only revealed during the battle; but his strength, confidence, and courage come from his relationship with God through the private discipline of prayer.

## Current Month Assignments

- Read *A Praying Life* (Miller) and prepare a book summary (approximately one page) with the following info:
  - List the big ideas.
  - List your key takeaways.
  - Discuss how you will apply to your life now.
  - Email this summary to each DM in your group prior to this month's meeting.
- Keep a 30-Day Prayer Journal. **Start tomorrow.** See *Keeping a Prayer Journal* info following this month's scripture memory verses for guidance.
- Spend "Half a Day" with God. To prepare, read the post *How to Spend Extended Time in Prayer* (link in Resources list).
- Memorize the verses attached. Be prepared to quote each verse and reference. *Review your verses from previous months to ensure they become deeply rooted!*
- Man-date: When you meet, *discuss your prayer journals, the date of your half-day alone with God, and your verses.*

### Resources:

- *How to Spend Extended Time in Prayer*: The idea of spending an extended time (a half day or more) in prayer can seem so difficult that we never do it. But the guidelines listed here can help you approach such a time with the right preparation and the right attitude, and to gain richly from the experience. Read this article from The Navigators for pointers on spending your half day alone with God: <https://www.navigators.org/resource/spend-extended-time-prayer/>
- *Keeping a Prayer Journal* (see information following memory scripture)

# Memory Verses

## **Topic: Prayer**

John 15:7- If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.

Philippians 4:6-7 - Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

## **Topic: Have Faith**

Hebrews 11:6 - And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.

## **+ 1 (for DM veterans)**

Psalms 145:18 - The Lord is near to all who call on him, to all who call on him in truth.

# Keeping a Prayer Journal

The most important thing about a prayer journal is to write it from your heart. A journal reflects on your walk with God. It is a place where you can be real with Him, confess your weaknesses and sins, articulate your prayers, and record the answers to those prayers. King David's writings in Psalms are a good model for us. We see honesty and openness with God and a wide range of emotions: from deep sadness and grief to great celebration and joy. It can also help you "be still" before your Maker and reflect on your life. With a journal you can take time to dream and receive God's infinite love. A prayer journal is about our relationship with God and our needs, and about the needs of others. It is a place to record these needs and requests as you pray these prayers from your heart.

## Why Keep A Prayer Journal?

- It keeps you focused during prayer. Have you ever been praying, and the next thing you know, you are thinking about your To Do List or something else totally off topic? It has happened to every believer! Writing helps keep your mind focused.
- It's a great way to build your faith! When you are going through a trial, it is great to have the Word of God there by your side. You can read through times God came through for His people. But sometimes it is even better to have your own prayer journal there to build your faith. You can read through the answered prayers in your own life. It is a steady reminder of God's faithfulness to you when you need it most.
- Journals are an excellent way to delve deeper into God's Word. When you journal on the things God reveals to you personally through His Word, the letters no longer just sit on the pages. Journaling helps make God's Word real and allows Him to reveal what scripture means for you exactly where you are today.

## How to Create a Journal

There is not a "correct" way to organize a prayer journal; it's up to you and what you feel comfortable with. Here are some examples:

- Use a notebook. Often a plain paper notebook is the best kind (rather than a ruled one) as it allows you to make sketches and drawings as well as writing your prayers and thoughts down.
- Keep your prayer journal on your computer or tablet. There are software companies that provide template organizers for your journal, or you can devise your own.

## What Should I Include in My Prayer Journal?

- Prayers – written out
- Prayer requests & answered prayers
- Things that God has taught you
- Verses that apply to the situations in your life (e.g., stress, marriage, fear, work, etc.)
- Bible study notes
- Word study notes
- Sermon notes
- Confessions
- Goals, dreams and desires that God has placed in your heart

- Recap of your day – this is a good way to add depth to what God is teaching you and what is going in your life at that time. It gives a broader perspective.

### **One Suggested Outline for Journaling: The SOAP Method**

- Scripture – Write out a scripture or reference.
- Observation – What is God saying to you through this verse? Write down in your own words what you observed in this verse or passage.
- Application - Personalize what you have read by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, revelation of a new promise, or corrections for a particular area of your life. Write how this scripture can apply to you today. Ultimately you are seeking to answer this question: *How will I be different today because of what I have just read?*
- Prayer - This can be as simple as asking God to help you use this scripture, or it may be a greater insight on what He may be revealing to you. Remember, prayer is a two-way conversation, so be sure to listen to what God has to say! It can be very powerful to see your prayer on paper.

*In prayer I am lifted above the frowns and flatteries of life, and taste heavenly joys;  
entering into the eternal world I can give myself to thee with all my heart, to be thine forever.  
In prayer I can place all my concerns in thy hands, to be entirely at thy disposal, having no will or  
interest of my own.*

*In prayer I can intercede for my friends, ministers, sinners, the church, thy kingdom to come,  
with greatest freedom, ardent hopes, as a son to his father, as a lover to the beloved.*

***Help me to be all prayer and never cease to be praying.***

*(The Valley of Vision)*