



Prayer Guide

What Is Prayer?

Prayer is simply talking with God. There is no way to get prayer wrong. If you are seeking God and calling out to God, you are seeking connection and that is prayer. Prayer is turning to God. There is no one method to connect to God. Find the language that suits your soul.

When we are transparent, authentic, and real with God, we can experience God's love and presence. When we don't get the answer we are asking for, but we feel safe, seen, and known by God, we are able to trust God even when things aren't going as we would like.

This guide includes scriptures about prayer, along with different types of prayer you may find helpful as you connect with God.

Prayer of Presence

In her book *Soul Feast*, Marjorie Thompson describes the following process as the prayer of presence. Try praying this way daily for one week, two weeks, and even a month as a means of abiding in God.

Find a posture that allows you to be relaxed and alert. Close your eyes and breathe deeply several times. Consciously release any muscle tension you become aware of. Breathe in peace, breathe out tension. Relax your mind. If particular thoughts keep returning, gather them up and give them to God to hold for you during this time. You can take them back later if you want.

Turn your attention to God's presence. Let yourself be fully aware of the mystery of divine love that continually surrounds and upholds us. God is breathing life into you at each moment; take in the gift. Let God's presence fill your consciousness, and simply rest in this presence--just as you might with someone you love dearly and feel no need to speak to, just to be with. Let yourself be like a child cradled in the lap of a wonderful caregiver; or perhaps gently supported in an ocean of light; or enfolded in a peaceful warmth. Let yourself be held in God's tender embrace; rest and soak up the love that holds you.

Close your prayer by thanking God for any gifts received in this time. You can choose to return to this communion of presence whenever you want.

Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.

Hebrews 4:16

Breath Prayers

Breath prayers are short, simple prayers said silently while breathing deeply. Begin by focusing on your breathing. As you breathe in, say or think the first part of the prayer. As you breathe out, say the second part of the prayer.

Examples

(Breathe In)

Holy God

Jesus

Holy Spirit

Lord God

Lord

Jesus

Give me today

Your word

Not my will

You are with me

Oh Lord

Resting

Christ

Holy Spirit

My rock

You are my shepherd

(Breathe Out)

You are my strength.

Have mercy on me.

Guide me.

Be near.

Be glorified.

You are my peace.

My daily bread.

Is my light.

But your will be done.

I will not fear.

You are my refuge.

In your presence.

Guard my heart and mind.

Fill me.

My fortress.

I shall not want.

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Philippians 4:6

Highland Hills Baptist Church

Highland Hills is a thoughtful and growing intergenerational community of believers in the Shirley Hills neighborhood of East Macon.

We are a diverse fellowship and believe that the Body of Christ and the world are better when we are transformed together. We seek to cultivate space in our lives to encounter God and recognize that these transformative moments are the foundation of our life together.

We believe that the gospel of Jesus Christ means good news: not just for our spiritual lives but also for our world. We strive to do good through our work and through partnerships in the community.

Look to the Lord and his strength; seek his face always.

1 Chronicles 16:11