

The Christian Journey

Living Out Your Christian Life

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How to Pray (Prayers) – Matthew 6:9-13

1. PRAISE: –“Hallowed be Thy Name”

- Praise God for who God is (God’s character and qualities such as good, merciful, almighty, etc.)
- Praise God for what God has done.

2. REPENT: “Forgive us our trespasses”

“If we confess our sins, he is faithful and just and will forgive us our sins and cleanse us from all unrighteousness.” 1st. John 1:9

3. ASK: “Give us this day our daily bread”

4. YIELD: “Thy will be done”

Making Prayer a Regular Part of Your Life

Some suggestions:

1. Connect prayer with something you already do everyday:

- In the shower In the car
- When you exercise
- While you do the dishes.

2. Keep a prayer journal

- Note requests
- Reflect and record how prayers were answered
- Write down any insights you may receive

3. If you have trouble concentrating, know that physical environment and position DO make a difference

- Find a place where you are not distracted
- Turn your thoughts toward God
- Get in a position that puts you in the mood for prayer such as kneeling, standing or taking a walk

4. When someone comes to your mind, pray for him or her! When a particular situation comes to mind, pray for it. The Holy Spirit may be leading you to intercede through prayer.

- Make it a habit to pray for your church every time you...
- Drive or walk by the building See another church member at the store or in the neighborhood
- Enter your church building

5. Listen

- Be still
- Be silent
- Find solitude

6. How to Worship (Presence) – Psalm 100

- What is worship? God's people gathered in God's presence giving praise to God.
- Why do we worship? Because God deserves it!
- How are we to worship? In Spirit and in truth

Some suggestions on How to Make the Most of a Worship Experience

1. Prepare

- Read the Scripture
- Use the bulletin to pray for the service
- Rest your heart, mind and body

2. Participate

- Sing energetically to God, with all your heart
- Listen intently, with all your head
- Pray continually, with all your soul
- Respond enthusiastically, with all your strength to serve

3. Practice

- Be regular in attendance

4. How to Give (Gifts) – *“Just as you excel in everything else...in faith, in speech, in knowledge, in complete earnestness...see that you also excel in the grace of giving.”* (2nd.Corinthians 8:7)

5. The Three P’s of Biblical Giving – Our gifts should be:

- **Planned** – “On the first day of every week, each one of you should set aside a sum of money in keeping with [his/her] income....” (1st. Corinthians 16:2)
Giving to God’s work is to become a HABIT in the life of a Christian. It is not just a way to support the church. It is a way of giving thanks to God...a spiritual exercise that strengthens our faith...an act of obedience and worship!
- **Proportional** – “Each of you should bring a gift in proportion to the way the Lord your God has blessed you.” (Deuteronomy 16:17) The biblical standard of giving is the TITHE, which means a “tenth part” or “10%”
- **Priority** – “Honor the Lord with your wealth, with the first fruits of all your crops.” (Proverbs 3:9) Give God what is right not what is left!

6. How to Serve (Service) – *“Now you are the body of Christ and each of you is a part of it”* (1st. Corinthians 12:7) every member has spiritual gifts, talents and abilities to contribute to the Body of Christ. Every part has a job; every part is important and every job is different, but they all contribute to the whole.

How Do I Find My Particular Place in the Body of Christ?

Consider these questions:

1. What are my spiritual gifts?

- If you are unsure, speak to a pastor for a simple inventory to discover your spiritual gifts

2. What is my heart's passion?

- What are your interests? What causes or areas of service motivate and excite you?

3. What abilities do I possess?

- Do you have a special talent?
- What are your hobbies?
- Do you have specialized training in a given area?

4. What is my personality type?

- Are you an introvert or an extrovert?
- Do you lead with your head or your heart?
- Are you driven or more laid back?
- Are you a leader or a follower?

5. What experience do I have to offer?

6. What are some of life's lessons you can share