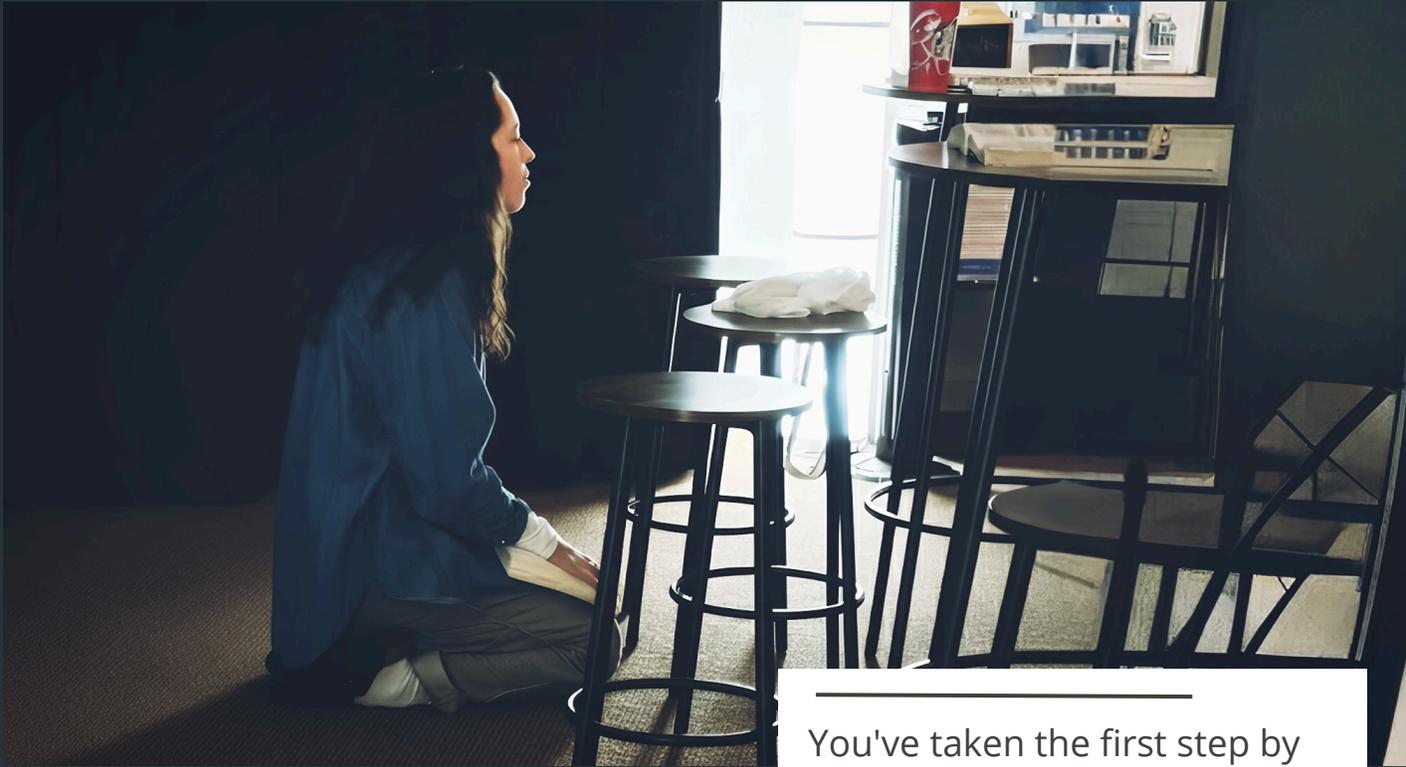


Learn To Enjoy Prayer

PRACTICAL ACTION GUIDE



You've taken the first step by learning about wonder, listening, and praying with others.

Now it's time to put these into practice. This guide is designed to help you move from information to transformation.

Prayer isn't meant to be a duty you endure—it's an invitation to friendship with God that you can genuinely enjoy.



3 practices

These three practices work together beautifully: wonder draws you in, listening deepens intimacy, and community keeps you growing.



Aim For Consistency

Don't try to be perfect. Just be consistent. God meets you right where you are.



CULTIVATE WONDER

[I PRAY] THAT THE GOD OF OUR LORD JESUS CHRIST, THE FATHER OF GLORY, MAY GIVE YOU A SPIRIT OF WISDOM AND OF REVELATION IN THE [A]KNOWLEDGE OF HIM. 18 I PRAY THAT THE EYES OF YOUR HEART [B]MAY BE ENLIGHTENED, SO THAT YOU WILL KNOW WHAT IS THE HOPE OF HIS CALLING, WHAT ARE THE RICHES OF THE GLORY OF HIS INHERITANCE IN THE [C]SAINTS, 19 AND WHAT IS THE [D]BOUNDLESS GREATNESS OF HIS POWER TOWARD US WHO BELIEVE.

E P H E S I A N S 1 : 1 7 - 1 9



Practical Tip

DAILY

Pray Ephesians 1:17-19 every time you start your prayer time. Ask God for the Spirit of wisdom and revelation so you can know Him better. Let the Spirit unveil Jesus and ignite wonder in your heart.

WHY IT MATTERS

The creatures closest to God never stop staring at His beauty and never grow bored. As you behold His beauty, you get closer to God. The closer you get, the more captivated you become. This is where enjoyable prayer begins. The Holy Spirit reveals Jesus personally and intimately to you in ways His physical presence couldn't.

How To Get Started

- Write out Ephesians 1:17-19 in your own words, making it personal (change "you" to "me/I").
- Speak it out loud slowly at the beginning of each prayer time. Don't rush.
- Pause after praying it. Wait expectantly. Pay attention to what captures your heart.
- Follow where the Spirit leads. If a particular attribute of God lights up, stay there. Explore it.

Common Obstacles & Solutions

"I don't feel anything when I pray this." Wonder isn't primarily about feelings. You're asking the Spirit to reveal Jesus. Trust that He's working even when you don't feel dramatic shifts. Keep asking faithfully.

"I keep forgetting to pray it." Write it on a notecard and place it where you pray. Set a phone reminder. Or put it as the first line in your prayer journal.

"I don't understand what I'm praying." That's okay. You're asking God to help you understand who He is. The prayer itself is the starting point. Revelation unfolds over time.



SPEND MORE TIME LISTENING THAN TALKING

IN EVERY PRAYER TIME THIS WEEK, SPEND MORE TIME LISTENING THAN TALKING. ASK GOD A QUESTION, THEN WAIT. SIT IN SILENCE. PAY ATTENTION. WRITE DOWN EVERY WORD OR PHRASE YOU FEEL LIKE EVEN "MIGHT" BE GOD.

How To Get Started



- Set a timer. If you normally pray for 15 minutes, commit to at least 8-10 minutes of listening.
- Ask God a specific question. Examples:
 - "What do You want to say to me today?"
 - "How do You see me right now?"
 - "What's on Your heart for this situation?"
 - "What do You want me to know about You?"
- Sit in silence. Resist the urge to fill the space. Wait patiently.
- Write down everything. Don't filter. Even if you're unsure if it's God, write it down. You can discern later.
- Questions You Can Ask God
 - What are You like, God?
 - What do You love about me?
 - What do You want me to focus on today?
 - What Scripture do You want to highlight for me?
 - How do You feel about [specific situation]?

Practical Tip

WHY IT MATTERS

God didn't create you just to listen to your requests. He has things He wants to share with you. The Holy Spirit speaks personally and specifically—offering direction, conviction, comfort, and truth. Listening is how intimacy deepens. You learn His voice, recognize His movements, and discover what's on His heart.

Common Obstacles & Solutions

"I don't hear anything—it's just silence." Silence is not emptiness. God often speaks in the quiet. Keep showing up. Cultivate expectation without demanding immediate results. Sometimes He's teaching you to simply rest in His presence.

"I'm not sure if it's God or just my own thoughts." That's normal. Write it down anyway. Over time, you'll recognize His voice more clearly. Test what you hear against Scripture. Does it align with God's character? Does it lead you toward love, truth, and freedom?

"My mind keeps wandering." That's part of the process. Don't give up. Gently redirect your focus back to God. Some find it helpful to pray with their eyes open, looking at a cross or a candle. Others write their distractions down to deal with later.



P R A Y W I T H O T H E R S

FIND TWO OTHERS AND COMMIT TO PRAYING TOGETHER WEEKLY. WATCH HOW YOUR LOVE FOR PRAYER, AND FOR EACH OTHER, MULTIPLIES.



How To Get Started

- Identify two people. Think of friends, family, coworkers, or church members who want to grow in prayer.
- Agree on a time and place. Consistency matters more than duration. Even 30 minutes weekly is powerful.
- Keep it simple. Don't overcomplicate the format. Start with sharing, pray together, and close.
- Commit to a trial period. Agree to meet for 4-6 weeks, then evaluate and adjust.

Practical Tip

WHY IT MATTERS

God is building a family, not just saving individuals. When you pray together, you participate in what God is building—a unified body that reflects His glory. Others bring different perspectives, histories, and revelations. You hear prayers you wouldn't pray and see attributes of God you'd miss on your own. Praying with others creates accountability, fights isolation, and keeps you consistent.

Common Obstacles & Solutions

"I can't find anyone to pray with." Ask God to bring the right people. Be vulnerable and invite someone. Most people want to pray more but don't know how to start. You might be the catalyst they need.

"Our schedules don't align." Try early morning, lunch breaks, or video calls. Consistency beats convenience. Find what works and protect that time.

"I feel awkward praying out loud with others." Everyone feels this at first. Start simple. Pray one sentence. You don't have to sound eloquent. Authenticity matters more than performance.

"What if we run out of things to pray about?" Pray through Scripture together. Pray for your city. Pray for each other's families. Listen to God together. There's always more to pray when you invite the Holy Spirit to lead.