

## Just say yes to...

### Knees of Prayer

Rev. Glenn McDonald in his book *The Disciple Making Church* suggests these four stages to grow in prayer:

#### Seeker

From: My experience of God's desire for me to enjoy intimacy with him is insufficient for me to want to pursue him wholeheartedly.

To: I've experienced enough of God to choose to pursue an intimate relationship with him.

#### Beginner

From: My prayer life is awkward because I don't know how to talk with God.

To: I'm sufficiently experienced at prayer that I increasingly engage God in conversation.

#### Intermediate

From: My prayer life tends to be one-dimensional and inconsistent.

To: Through a more consistent prayer life, I am increasingly more open with God about all of my concerns.

#### Maturity

From: Through a more consistent prayer life, I am increasingly more open with God.

To: Prayer permeates my life and my soul and God is never outside my awareness.

## Taking Your Next Step...

Here are suggested practices to span the gaps.

Resources are available in the narthex and online at:

**[www.FPCRogers.com/discipleshiptools](http://www.FPCRogers.com/discipleshiptools)**

**ACTS Prayer Model** - ACTS stands for Adoration, Confession, Thanksgiving, and Supplication. Use this simple prayer model to:

- Experience a more intimate relationship with God through praise
- Broaden and deepen your conversation with God
- Create a more consistent prayer life
- Defeat distraction and increase focus when you pray

### **Tips On Prayer, The Quick Start Guide to Improving Your Prayer Life, 2nd edition by Rev. John Arnold**

Improve your prayer life by using tried and true prayer strategies and techniques. In this guide you will:

- Receive step-by-step instructions for twenty prayer strategies to improve your prayer life
- Learn three simple time-tested prayer models anyone can use for a closer relationship with God.
- Discover the five pillars of life-changing prayer.
- Get the exact tools you need to start praying better today!

What are you waiting for? Download your free guide on how to improve your prayer life.