

# Prayer Cycle Introduction

Jesus often taught His followers about the purpose, the practice and the promises of prayer. Jesus said - "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened."

Getting better at prayer - having better and deeper conversations with a God who loves us - is not only possible - it's exactly what God wants.

But when prayer feels like learning a new language - how do you get better? The answer is simple - you practice. The Prayer Cycle is a simple tool for practicing prayer that you can use by yourself and share with any follower.

In just 12 simple steps - 5 minutes each - the Prayer Cycle guides you through twelve ways the Bible teaches us to pray. At the end, you'll have prayed for an hour. The Bible tells us -- "Pray without ceasing." Not many of us can say we do that. But after this hour of prayer - you'll be a step closer.

The prayer cycle includes some time of listening to God. Listening to the God who created the universe can seem intimidating and unfamiliar, so let's dive deeper into the importance of listening to God.

## Listening to God to Follow God

God wants us to hear from him. How can you follow someone if you cannot see or hear them? We need to hear and recognize his voice.

**John 10:3b-4, 27** "3 ...the sheep listen to his voice. He calls his own sheep by name and leads them out. 4 When he has brought out all his own, he goes on ahead of them, and his sheep follow him because they know his voice... 27 My sheep listen to my voice; I know them, and they follow me."

Listening to God is critical to being his followers. We need to first learn to hear his voice in the Bible, but also through the ministry of the Holy Spirit who lives in us. During prayer, we can learn to hear and recognize his voice.

## Listening to God to Do His Work

When we listen to God, he can guide us to walk in the specific works that he has prepared beforehand for us.

**Ephesians 2:10** “For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.”

God has prepared good works for us beforehand. God has prepared specific tasks for each one of us. He is not trying to hide these things from us, because he wants us to walk in them.

## Taking Time to Listen

Here in North America, in general, we are not good listeners. TV runs all the time...Music all the time. We feel like we must fill the silence. As disciples, we cannot be that way. We need to be intentional about taking time to listen.

This is what we are doing during 3/3rds. We ask God to teach us from the Bible, and during the looking forward time we are listening for God to direct us in how we can obey, train, and share. We should be listening outside of this time as well. The prayer wheel is a good tool to help us be intentional about listening.