



THE PRAYER METHOD GUIDE

A HANDS-ON GUIDE FOR WOMEN

Prayer Method Guide



Drawing near to a God who is both close and holy



LEARN · TRY · WRITE · PRAY

20 PAGES · BASED ON THE LORD'S PRAYER

Welcome

This is a guide, not a journal.



Prayer is a conversation with the God who made the heavens and still bends down to listen. This guide walks you through that wonder, step by step, using the prayer Jesus taught His disciples. You will read a little, try something, and write a little. Then you will pray.

HOW THE PAGES WORK

- THINK** Short teaching on one truth about prayer.
- TRY IT** A small activity: circle, match, sort, check, or fill in.
- WRITE** A few lines to put the idea into your own words.
- PRAY** A prompt to take straight to God.



Where I am today. Color in one circle for each.

I feel close to God when I pray.	☐	☐	☐	☐	☐
I know what to say when I pray.	☐	☐	☐	☐	☐
I come to God with reverence and honesty.	☐	☐	☐	☐	☐
I expect God to hear me.	☐	☐	☐	☐	☐

1 = rarely 5 = always

What I hope to learn from this guide

Near and Holy

Two truths we must hold together.



GOD IS NEAR

"The LORD is nigh unto all them that call upon him."

PSALM 145:18

"Draw nigh to God, and he will draw nigh to you."

JAMES 4:8

GOD IS HOLY

"Holy, holy, holy, is the LORD of hosts: the whole earth is full of his glory."

ISAIAH 6:3

"God is in heaven, and thou upon earth: therefore let thy words be few."

ECCLESIASTES 5:2

God is not far away. He is closer than our next breath, and He invites us to speak. And yet He is God: high, pure, and worthy of awe. We are not equals, and we do not come as if we were. Prayer lives in the space where both are true: He is near, and He is holy.

TRY IT

Circle the words that describe how you usually feel when you pray.

Close

Distant

Awed

Casual

Comforted

Careless

Welcome

Fearful

Rushed

Still

WRITE

A time I felt God was near

A time I felt awe before God

What it might look like to hold both truths this week

Reverence and Boldness

Two wings that carry a prayer.



Reverence is not fear of being turned away, and boldness is not casual disrespect. Reverence says, “You are God.” Boldness says, “And through Christ, I may come.” Scripture asks for both.

Let us have grace, whereby we may serve God acceptably with reverence and godly fear.

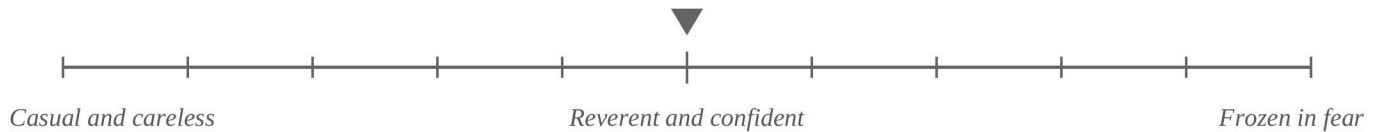
HEBREWS 12:28

Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

HEBREWS 4:16

TRY IT

Mark where you usually land on the line.



Reverence looks like... Check what you practice.

- | | |
|--|--|
| ☐ Speaking God's name with care | ☐ Coming with a humble heart |
| ☐ Thanking before asking | ☐ Listening, not only talking |
| ☐ Confessing honestly | ☐ Trusting His answer |

One small change I will make in how I come to God

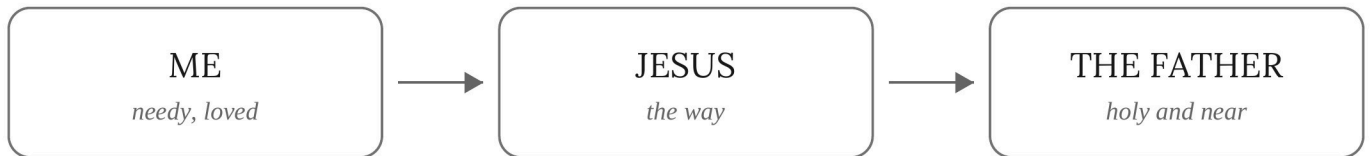
A prayer of reverence and confidence

How We Come

We do not earn the way. We receive it.



A holy God cannot be approached on our own merit. The good news is that we do not have to. Jesus is the way, and through Him we have access to the Father.



TRY IT Fill in the blanks using the word bank.

Word bank: way truth life access one Spirit

Jesus said, "I am the _____, the truth, and the life: no man cometh unto the Father, but by me."

JOHN 14:6

"For through him we both have _____ by one Spirit unto the Father."

EPHESIANS 2:18

Because of Jesus, I can come... Check all that are true.

☐ with confidence

☐ without earning it

☐ at any hour

☐ just as I am, but not to stay as I am

What this means to me

A short prayer of thanks for the way He opened

Postures of Prayer

The body can help the heart bow.



No posture makes God hear us, but our bodies can help our hearts pay attention. Scripture shows many ways people drew near. Try one this week and notice what changes.

Kneeling

PSALM 95:6

"O come, let us worship and bow down: let us kneel before the LORD our maker."

☐ I tried this

What I noticed

Lifted hands

PSALM 134:2

"Lift up your hands in the sanctuary, and bless the LORD."

☐ I tried this

What I noticed

Bowed head

GENESIS 24:26

"And the man bowed down his head, and worshipped the LORD."

☐ I tried this

What I noticed

Open palms

PSALM 143:6

"I stretch forth my hands unto thee: my soul thirsteth after thee."

☐ I tried this

What I noticed

Stillness

PSALM 46:10

"Be still, and know that I am God."

☐ I tried this

What I noticed

A quiet place

LUKE 5:16

"And he withdrew himself into the wilderness, and prayed."

☐ I tried this

What I noticed

My prayer place: _____

The Lord's Prayer

Matthew 6:9–13 · A map for the next seven pages



“Our Father which art in heaven, Hallowed be thy name. Thy kingdom come, Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.”

Jesus did not give us words to repeat mindlessly, but a pattern to follow. Seven movements, seven words that begin with A. Write each step in your own words.

1

Approach *Our Father which art in heaven*

In my words: _____

2

Adore *Hallowed be thy name*

In my words: _____

3

Align *Thy kingdom come, Thy will be done*

In my words: _____

4

Ask *Give us this day our daily bread*

In my words: _____

5

Absolve *Forgive us our debts, as we forgive*

In my words: _____

6

Armor *Lead us not into temptation*

In my words: _____

7

Acclaim *For thine is the kingdom, the power, the glory*

In my words: _____

Approach

“Our Father which art in heaven”



THINK

“Our” tells us we never pray alone; we join the family of God. “Father” tells us He is near, personal, and kind. “Which art in heaven” reminds us who we are speaking to: the One who is high above all, holy and in charge. In just five words, nearness and majesty meet.

For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father.

ROMANS 8:15

TRY IT

Say the phrase slowly, one word at a time. Then jot down what each word tells you.

OUR

Who else prays with me?

FATHER

What does a good father give?

IN HEAVEN

What does it say about His power?

Take three slow breaths and pray it aloud.



WRITE

Father, I come to You as...

PRAY

Father, today I want You to know...

Adore

“Hallowed be thy name”



THINK

“Hallowed” means set apart, holy. Before we ask for anything, we honor who God is. His “name” stands for His whole character. Adoration shifts our focus from our problems to His greatness, and that makes our asking wiser.

Give unto the LORD the glory due unto his name; worship the LORD in the beauty of holiness.

PSALM 29:2

TRY IT

Match each name of God to its meaning. Draw a line between the dots.

- | | | |
|----------------|-----------------------|---|
| Elohim | ☐ | ☐ The LORD Who Heals |
| El Roi | ☐ | ☐ God With Us |
| Jehovah Jireh | ☐ | ☐ The Mighty Creator |
| Jehovah Shalom | ☐ | ☐ The LORD Is Peace |
| Jehovah Rapha | ☐ | ☐ The God Who Sees Me |
| Immanuel | ☐ | ☐ The LORD Will Provide |

WRITE

Lord, You are... (five things I love about You)

PRAY

Lord, I praise You because...

Align

“Thy kingdom come, Thy will be done”



THINK

Praying “Thy will be done” is not giving up. It is aligning. We invite God’s rule into our hearts, homes, and plans, trusting that heaven’s way is better than our own. Jesus prayed this in the garden, even when it was costly.

Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done.

LUKE 22:42

TRY IT

What am I gripping tightly? Write it inside the fist. Then write what I will offer to God.

GRIPPED TIGHTLY



OFFERED TO GOD

WRITE

Where I need to say “Thy will be done”

PRAY

Father, I surrender...

Ask

“Give us this day our daily bread”



THINK

Here we finally ask, and Jesus invites us to ask simply. “Daily bread” teaches us to depend on God one day at a time. “Give us” reminds us to pray for others too. God is not annoyed by our needs; He is our provider.

But my God shall supply all your need according to his riches in glory by Christ Jesus.

PHILIPPIANS 4:19

TRY IT

Sort today's requests. Write each one under Need, Want, or For Others.

I NEED

I WANT

FOR OTHERS

WRITE

The request I most want to bring today

PRAY

Father, I trust You to provide...

Absolve

“Forgive us our debts, as we forgive”



THINK

Forgiveness runs in two directions. We receive God’s mercy, and we pass it on. Jesus tied them together, warning that an unforgiving heart is out of step with the mercy we have received. Confession is not shame; it is coming into the light and being made clean.

If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

1 JOHN 1:9

TRY IT

Name what you are releasing, then check the box when you have truly handed it over.

WHO OR WHAT	WHAT I RELEASE	RELEASED
		☐
		☐
		☐
		☐

WRITE

Words of confession, between me and God

PRAY

Father, forgive me for... and help me forgive...

Armor

“Lead us not into temptation”



THINK

We are asking God to steer us away from what would trip us, and to rescue us from the evil one. We cannot resist alone. God provides what we need to stand, and He always makes a way through.

God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation make a way to escape.

1 CORINTHIANS 10:13

TRY IT

Fill in each piece of armor (Ephesians 6:14–17) using the word bank.

Word bank: *faith peace truth salvation righteousness the word of God*

Belt of _____

Breastplate of _____

Shoes of the gospel of _____

Shield of _____

Helmet of _____

Sword of the Spirit, _____

The area where I feel most tempted or tested: _____

WRITE

My plan for standing firm when I am tested

PRAY

Lord, deliver me from... and strengthen me to...

Acclaim

“For thine is the kingdom, the power, the glory”



THINK

We end where we began: with God’s greatness. “Thine is the kingdom, and the power, and the glory” turns our eyes from our needs to His throne. “Amen” means “so be it.” It is our agreement and our trust that He has heard.

Thine, O LORD, is the greatness, and the power, and the glory, and the victory, and the majesty: thine is the kingdom, O LORD.

1 CHRONICLES 29:11

TRY IT

Complete the declaration, then rest in silence for one minute.

Yours is the kingdom, so I trust You with _____

Yours is the power, so I rely on You for _____

Yours is the glory, so I give You thanks for _____

One minute of quiet:

☐ I paused

☐ I listened

☐ I said Amen

WRITE

What I want to remember as I close

PRAY

To You be the glory...

Praying the Scriptures

When you don't know what to say, borrow God's words.



One of the simplest ways to pray is to turn a verse into a prayer. God's own words give us language that is already true, and they keep us praying according to His will.

- 1 READ the verse slowly, twice.
- 2 NOTICE the promise, command, or truth.
- 3 TURN it into a prayer in your own words.
- 4 PRAY it aloud and personalize it.

Example: "The LORD is my shepherd; I shall not want." → "Lord, You are my Shepherd. Help me trust that I will lack nothing I truly need today."

TRY IT Turn each verse into your own prayer.

ISAIAH 41:10

"Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee."

My prayer: _____

PSALM 139:23

"Search me, O God, and know my heart: try me, and know my thoughts."

My prayer: _____

PHILIPPIANS 4:6

"In every thing by prayer and supplication with thanksgiving let your requests be made known unto God."

My prayer: _____

YOUR OWN VERSE

My prayer: _____

Listening Prayer

Prayer is a conversation, not a monologue.



Reverence includes listening. Samuel's answer to God is a model for us: "Speak; for thy servant heareth." God speaks first and most clearly through His word, and the Spirit may also bring a Scripture, a quiet nudge, or simple peace to mind.

TRY IT

A three-minute silence. Settle, then start the clock in your mind.



- ① Take three slow breaths.
- ② Pray: "Speak, Lord, Your servant is listening."
- ③ Sit quietly. Let thoughts pass.
- ④ Write what came to mind.

What came to mind

CHECK

Test what you sense. "Try the spirits whether they are of God." 1 John 4:1

- | | |
|--|---|
| ☐ It agrees with Scripture | ☐ It leads toward love and truth |
| ☐ It does not ask me to disobey God | ☐ Wise believers confirm it |
| ☐ It brings peace, not confusion | ☐ I will wait if I am unsure |

What I will do with what I sensed

When Prayer Feels Hard

Every believer has these seasons.



Distraction, dryness, doubt, and weariness do not disqualify you. God invites honest prayer. Circle what you are facing, and read what Scripture says.

Distracted

"The Spirit also helpeth our infirmities: for we know not what we should pray for as we ought."

ROMANS 8:26

Dry

"O God, thou art my God; early will I seek thee: my soul thirsteth for thee."

PSALM 63:1

Doubting

"Lord, I believe; help thou mine unbelief."

MARK 9:24

Weary

"Come unto me, all ye that labour and are heavy laden, and I will give you rest."

MATTHEW 11:28

TRY IT

Park your distracting thoughts here, then return to prayer.

THE PARKING LOT

An honest prayer: "God, honestly, I feel..."

"Trust in him at all times; ye people, pour out your heart before him." Psalm 62:8

My 10-Minute Prayer Plan

A simple rhythm you can repeat each day.



STEP	MIN	MY PROMPT	DONE
1. Approach	1	<hr/>	☐
2. Adore	2	<hr/>	☐
3. Align	1	<hr/>	☐
4. Ask	2	<hr/>	☐
5. Absolve	1	<hr/>	☐
6. Armor	1	<hr/>	☐
7. Acclaim	1	<hr/>	☐
+ Listen	1	<hr/>	☐

My time of day: _____ My place: _____

This week I will pray on:



Cut-Out Cards

Cut along the dashed lines and keep them in your Bible.



The Seven A's of Prayer



- | | |
|---|---|
| 1 Approach
<i>Our Father which art in heaven</i> | 5 Absolve
<i>Forgive us our debts, as we forgive</i> |
| 2 Adore
<i>Hallowed be thy name</i> | 6 Armor
<i>Lead us not into temptation</i> |
| 3 Align
<i>Thy kingdom come, Thy will be done</i> | 7 Acclaim
<i>For thine is the kingdom, the power, the glory</i> |
| 4 Ask
<i>Give us this day our daily bread</i> | |

Near, yet holy. Come with reverence, and come with confidence.



DRAW NEAR

*“Draw nigh to God, and
he will draw nigh to you.”*

JAMES 4:8



DRAW NEAR

*“Let us therefore come
boldly unto the throne of
grace, that we may obtain
mercy, and find grace to
help in time of need.”*

HEBREWS 4:16



DRAW NEAR

*“The LORD is nigh unto
all them that call upon
him, to all that call upon
him in truth.”*

PSALM 145:18

My Commitment

Draw near, and keep drawing near.



REVIEW

What I learned about God's nearness and holiness

The step of the prayer pattern I most need to practice

TRACK

Mark each step you pray this week.

	S	M	T	W	T	F	S
1. Approach	☐	☐	☐	☐	☐	☐	☐
2. Adore	☐	☐	☐	☐	☐	☐	☐
3. Align	☐	☐	☐	☐	☐	☐	☐
4. Ask	☐	☐	☐	☐	☐	☐	☐
5. Absolve	☐	☐	☐	☐	☐	☐	☐
6. Armor	☐	☐	☐	☐	☐	☐	☐
7. Acclaim	☐	☐	☐	☐	☐	☐	☐

MY COMMITMENT

With God's help, I will come to Him with reverence and confidence, through Jesus, using the Lord's Prayer as my guide.

Signed _____ Date _____

"Draw nigh to God, and he will draw nigh to you."

JAMES 4:8

