

Prayer Guide
Prayer as Communication for Intercession

Prayer Techniques and Suggestions

As I drive I pray for the drivers for the cars around me. I pray for the driver when someone cuts me off or does something dangerous. (Sometimes my first thought is not prayer, but continued practice and self-reminding helps me gradually improve.)

Meditate on some of the *praise poetry* in the Old Testament prophets. Many of these focus also on God's names, character, and figures of speech for understanding our relationship to him.

Think of God in the terms and figures of speech used in the Bible. The various *names and titles* for God in the Old Testament are a great focus to meditate on God's *character and faithfulness*. Early historical texts in Genesis are great for this, focusing on God as a God of covenants.

Think of God in terms of the experience of deliverance Israel had in mind.

Meditate on passages from *praise Psalms*. Read and think over a phrase, then internalize it as your words to God. Do just a couple at a time.

As you practice these, they will become more natural and you will find you can do it in normal situations by *thinking in this manner* as you are driving, waiting in line, stopped at a stop sign.

Originally developed for 40 Days of Purpose, Cambridge Baptist Church, Richmond, Virginia 27 September 2003

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