



# CHAIR TIME prayer guide

Do not be anxious about anything, but in every situation, by *prayer* and *petition*, with *thanksgiving*, present your requests to God. And the *peace* of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

**Philippians 4:6-7**

---

This **Chair Time Prayer Guide** outlines various ways to pray to help you deepen your prayer life with God.

This guide isn't a textbook and can be flexible. Feel free to make this guide work for you and your current situation.

You can use this prayer guide alone or with your small group, family, roommates or friends.

Begin with one or two of the prayers. Then, try a few more the next time.

If you have the time and space, use the entire guide for a few hours or a full-day prayer retreat.

**Recommended Tools:** Bible, pen and journal

---

## BEGIN WITH A PRAYER OF OPENNESS

**READ** Psalm 51:10, "Create in me a pure heart, O God, and renew a steadfast spirit within me."

**PRAY** with your hands open and say to God, "Open my heart and mind to you. May I hear from you. Please help me be willing to listen to you. Give me your strength and tune my heart to yours."

## PRAYER OF SURRENDER

**READ** Matthew 6:25-27, “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?”

**THANK** God for caring for you and your every need, even when you may not see it yet.

**READ** Matthew 6:33-34, “But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

**WRITE** a prayer of surrender to God. Write in your journal, “God, I can’t seem to stop worrying about \_\_\_\_\_. I know worry doesn’t do any good and robs my life of joy. I give it to you now. I know it will be easy for me to worry about it again. Help me leave it with you and seek you first. I know you love me, and I can trust you.”

---

## PRAYER OF GRATITUDE

**READ** 1 Thessalonians 5:16-18, “Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”

**WRITE** at the top of your journal page, “I’m grateful for.” List as many things as you can think about to be grateful for.

Make gratitude a daily habit. Add three unique things you are thankful to God for each day. Be as specific as possible.

As part of your gratitude journal exercise, send a text or email every day to someone you are grateful for. Think through the day, week, month or year. Give a specific reason why you are thankful for them.

## **PRAYER OF CONFESSION**

**READ** Psalm 139:23-24, “Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

Psalm 32:1-2, “Blessed is the one whose transgressions are forgiven, whose sins are covered. Blessed is the one whose sin the Lord does not count against them and in whose spirit is no deceit.”

1 John 1:8-9, “If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

**CONFESS** We all do things we know we should not do. Spend time in prayer confessing and repenting of your sins. Ask God to help you see where you have put yourself first, harmed yourself or others with your words or actions, or any other way you have ignored what you know God wants you to do. We aren’t reminding God—God already knows. We are admitting sins to God and seeking God’s grace to change.

**WRITE** a prayer of confession to God in your journal. List those things you need to confess and ask forgiveness. Consider (if you are able) kneeling on the floor and reading your confession aloud to God. Simply say, “God, I confess \_\_\_\_\_. Please forgive me for this sin against you. Help me by your Spirit to live according to your Word.”

**THANK** God for forgiving you and that, “As far as the east is from the west, so far has he removed our transgressions from us.” Psalm 103:12

## **WALKING PRAYER**

**READ** Galatians 5:22-23, "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law."

**WALK** through your neighborhood or a nearby park and pray for your community. Ask for the fruit of the Spirit to fill our words and actions with "...love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."

Here's a list to pray through:

- Small group and friends
- Family members
- Neighbors
- Local, state and national government officials
- Church leaders and church communities
- People around the world who don't follow Jesus
- Anyone God specifically brings to your mind

After your walk, find a place to sit and reflect.

**WRITE** your thoughts and prayers in your journal.

## REFLECTIVE PRAYER

**READ** Psalm 23 (or any passage you desire) aloud to yourself. Then, sit silently, thinking through the verses for a minute or two.

“The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name’s sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.”

**READ** the verses again.

**WRITE** in your journal a brief answer to the following question:

- What in this passage touches my life today?

**READ** the passage again.

**WRITE** a brief answer to the following question:

- What is God inviting me to do today?

**READ** the verses quietly to yourself again and rest. Sit silently for a minute or longer. Ask nothing; simply rest in the presence of the Lord.

**WRITE** anything God brings to mind during this time of rest.

---

## LOVE OF GOD PRAYER

**READ** Psalm 36:7, “How priceless is your unfailing love, O God! People take refuge in the shadow of your wings.”

**WRITE** something that you love about God in your journal. This could be who God is, what God has done or an attribute of God.

**WRITE** something that God loves about you. Consider what God says in Scripture—you are beloved, chosen, holy, created very good, made in his image, knit together specifically. (See Ephesians 1:2-14, Psalm 139:13-18, Genesis 1:27.) Consider who God made you to be—such as your hobbies and interests, specific gifts, and spiritual and personal abilities.

**WRITE** 1-2 paragraphs about why you chose those things.

## PRAYERS OF WORSHIP

### Worship through Scripture

**READ** and **WRITE** out one of these scriptures. **PRAY** it aloud to God.

Revelation 4:11, "You are worthy, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they were created and have their being."

Hebrews 12:28-29, "Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe, for our 'God is a consuming fire.'"

Psalms 100, "Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture."

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations."

### Worship through Names

There are many names for God in the Bible. Pick one that sticks out to you today.

**WRITE** in your journal a paragraph telling God why that name is so significant to you.

Here are some of the names for God we find in the Bible: Shepherd, Lord, Father, Healer, Provider, Bread of Life, Savior, Protector, I AM, Rock, Master, Teacher, Creator, Counselor, Defender, Friend, Lamb of God, Almighty, Comforter, Trinity, Wisdom, Sufficient, Treasure, Alpha & Omega.

### Worship through Song

Pick one or two worship songs that speak to you. For a worship playlist, you can search "[Ada Bible: Weekend Set List](#)" on Spotify.

**WATCH** or **LISTEN** to them on your TV, computer or mobile device. Intentionally reflect on the lyrics.

**SING** or silently **PRAY** the lyrics to God along with the song. Consider standing and raising your hands as you sing or silently pray.

## CALMING PRAYER

A calming prayer can help when you find yourself anxious or overwhelmed. Take intentional breaths. As you breathe in, say one phrase and then another as you breathe out. Consider repeating your prayer for 5-10 breaths. Here are some options:

**In:** Gracious God. **Out:** I trust you.

**In:** Jesus promised. **Out:** I won't leave you.

**In:** Lord. **Out:** I am yours today.

---

## IMPOSSIBLE PRAYER

It can often feel like some things are just too big or will never happen. We know that nothing is impossible for God. What prayer have you had on your heart or in your mind lately?

**WRITE** your impossible prayer in your journal. Include one of these verses:

Psalms 17:6, "I call on you, my God, for you will answer me; turn your ear to me and hear my prayer."

Psalms 18:6, "In my distress I called to the LORD; I cried to my God for help. From his temple, he heard my voice; my cry came before him, into his ears."

Psalms 145:18, "The LORD is near to all who call on him, to all who call on him in truth."

Hebrews 4:16, "Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."

**THANK** God for hearing you, and tell him you trust him to answer in his way and time.