



APPRENTICESHIP
PRAYER PARTNER



FIELD GUIDE

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CHURCH





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INTRODUCTION



Our vision as a church family is to journey together as Apprentices of Jesus in the now-available Kingdom of God.

The Kingdom of God refers to any place where what God wants done is done - **and it always begins in the human heart.** The revolution that Jesus came pronouncing was a revolution of the heart, because from the heart all other life flows. So to apprentice with Jesus in the now-available Kingdom, is to learn from Him how to live in the real-time will of God by having our hearts transformed to increasingly reflect His heart.

WHAT IS AN **APPRENTICE?**

An apprentice is someone who has *decided to arrange their lives around being and learning from another person so that they can become capable of doing what that person does or to become what that person is.* To be an apprentice of Jesus does not mean that you are necessarily very good at what you are learning, or that you have been necessarily doing it for very long, **but you are clear about who you are seeking to become!**

If someone was going to take seriously the call of Jesus to be His apprentice, then *how do we do that?* What does it look like practically in every day life?

If we were to boil down apprenticeship to Jesus to just 3 practices it would be these: **LISTEN, TRUST AND OBEY.** We listen for His voice through His Word and by His Spirit; we trust that He is the best at everything and that He has our best interest in mind. We choose to obey everything He says - even before knowing what it will all mean!

While there are many aspects of apprenticeship training we can engage in (see our website for more information), we believe one of the most helpful, intentional and strategic ways to grow as an apprentice of Jesus is to do so with 1 or 2 Apprenticeship Prayer Partners.

Throughout the Bible, we see the use of the language of “2 or 3” people gathered together (see Appendix K, Pg 34) as an effective way to grow together. We think that anyone taking seriously Jesus’ call to apprenticeship would benefit greatly from meeting in groups of 2 and 3 to “spur one another on, to love and good deeds” (Hebrews 10:24)

PURPOSE



The purpose of this field guide is to help resource you with how you can utilize and maximize this simple practice of regularly meeting with 1 or 2 Apprenticeship Prayer Partners in a way that will lead to genuine life transformation into Christ-likeness. The appendices are meant to be ultra practical ways you can grow in your walk with Jesus in community with others.

That being said, the success of these types of relationships is their *simplicity together with a helpful amount of intentionality*. This will vary for each group. The goal of this guide is NOT to give you a list of things you SHOULD be doing to have a fruitful Apprenticeship Prayer Partner relationship. In fact, if you tried to implement everything here it would almost certainly lead to deadening legalism and exhaustion!

THIS IS **NOT THE WAY** OF JESUS

Rather, consider the nature of a journey. At different points along the way, different tools and resources are needed and provide unique help for where we are on the road. If you tried to use everything you packed for your journey all at once, it would almost certainly prevent you from moving any further!

So as you peruse this guide and the appendices included - **SEE THIS AS A BACKPACK** with various things you might find useful along your apprenticeship path. Most of us have been on trips where we have packed more than we needed (just in case!)... and in one sense that is likely what you’ll find here.

*If you have any questions or would like us to pray with you about finding an Apprenticeship Prayer Partner
Email us @ apprenticeship@staalliance.org*

TOOLS



Because of the span of people who will utilize this guide, we have included a variety of tools that will help different people at different points of their journey.

Our single most important travel advisory would be to start as *simple and light* as possible. Be familiar with the tools in the backpack, but then begin with the basic template. If after six months of a new rhythm you want to experiment with something else you think you might find helpful, go for it! But do so with the mindset of an explorer - you never know all the paths Jesus will take you down and what you might need.

We believe there are tangible ways to take seriously Jesus' call to apprenticeship, and we pray that within this Field Guide, you will find many things to be helpful on the journey.

ASSEMBLING THE TOOLS



As you start out on your journey here are a few basic tools that you'll need along the way:

A GOOD BIBLE: Pick a version to read that you're comfortable with. We recommend the NIV or NLT versions. Reading the same verse in different versions can also be helpful. If you're brand new to the Bible, you might also consider The Message translation.

A JOURNAL: Whether you prefer pen to paper, or typing on a tablet or computer... find something that works for you and stick with it! (See Appendix G, Pg 29, for some helpful mobile apps)

QUIET PLACE TO MEET JESUS: Is it a special chair in a room? A prayer closet? Your kitchen before the rest of the house is up? Find a comfortable, quiet place where you can be with Jesus daily.



DESCRIPTION



1. WHAT IS AN APPRENTICESHIP PRAYER PARTNER?

It is one or two people who are intentionally doing life together with you, with a priority around daily apprenticeship to Jesus. Though friendship is likely to develop along the way, the first priority is actually to help each other walk more closely with Jesus. Weekly encouragement, accountability, timely spiritual practices and prayer are all normal aspects of this kind of relationship.

2. HOW DO I FIND ONE?

You are responsible to find your own Apprenticeship Prayer Partners. The first step is always the same - commit first to pray! As you pray, ask Jesus to show you who to approach, or how to meet someone. He already has in mind who is best suited for you! (If you email us at apprenticeship@staalliance.org, we will pray with you.)

Many people find it best to approach someone they already have an existing relationship with (because of already established trust) but as the same time, there are many people who start Apprenticeship Partner relationships with people they don't know that well.

If you're not sure who to ask, one of the best ways to meet people with whom you can begin Apprenticeship Prayer Partner relationships with is by connecting in a C3 Group or Small Group. *To connect in a group, visit our website @ staalliance.org/groups*

Outside of pre-existing relationships, this is by far, the most common way that people find Apprenticeship Prayer Partners. That being said, in practical terms, we suggest the following:

PRAY Don't be casual about this. Commit to praying (and listening in prayer) regularly until you have clarity about your next step or until you begin meeting with someone.

START SMALL Depending on the nature of the pre-existing relationship, it may not be wise to 'cold call' someone and ask them to commit to meeting with you every week from this point forward without first getting to know them!

CONNECTING SUGGESTION



Start by simply asking the person out for coffee. Don't feel the need to make it too serious right off the bat. Get to know them - their family, school or work life. Ask them about their goals and dreams. If the conversation goes well, before departing, ask to set up another coffee in a couple of weeks.

(HINT: DON'T LEAVE THIS TO "WE'LL HAVE TO DO THIS AGAIN SOMETIME" - BE MORE INTENTIONAL, PULL OUT YOUR CALENDARS AND GET SOMETHING PLUGGED IN RIGHT AWAY!)

If the connection feels meaningful after a second meeting consider asking them about making things a little more 'formal' (i.e intentional). If you realize after connecting once or twice that it isn't likely the right fit, you haven't lost anything. Continue to pray for Jesus to bring the right person along.

3. **HOW FREQUENTLY DO WE MEET?**

While it is up to each individual group, we recommend meeting frequently enough so that each person is aware of what is happening in each other's lives in 'real time'. We highly recommend planning to connect weekly (ideal) or bi-weekly (workable). Many groups stay connected through group texting with apps like "WhatsApp" (see *Appendix H, Pg 30*) in-between meetings. We encourage this level of frequency because if we wait longer than two weeks, or are not connected through other means, too much time is spent "catching up" when you get together instead of helping each other grow.

4. **WHAT DO WE DO WHEN WE GET TOGETHER?**

That's what this Field Guide is all about! There are many different meaningful ways you can help each other grow in your apprenticeship walk with Jesus (see the appendices for ideas, suggestions and tips on how to maximize your time together).

While there are no formal 'rules' for what a group might do, there are 3 key elements that we recommend practicing in every Apprenticeship Prayer Partner relationship.

3 KEY ELEMENTS THAT WE RECOMMEND PRACTICING IN EVERY APPRENTICESHIP PRAYER PARTNER RELATIONSHIP

1. **REFLECT** on the Bible over the past week and focus on real-time application. James 1:22 (NLT) says: *But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves.*

Don't get sidetracked by debate and theory - wrestle with the implications in your day to day life. If you memorized verses, be sure to quote them to each other! (See appendices marked "Reflect", Pg 26).

2. **SHARE ABOUT YOUR WEEK** and how you made out in 3-5 areas of spiritual growth you are working on. We suggest identifying accountability questions for key areas where you want to grow. (See Appendix A, Pg 16).

When you get together each week, take time for each person in the group to review each question and to share how the week with Jesus unfolded.

The first question we recommend that each person respond to each week is a version of: *"Where this past week did you sense the prompting of Jesus? Did you obey?"* Or *"Where did you see Jesus at work in your life this past week?"* (See appendices marked "Share", Pg 15).

3. **PRAY FOR AND LISTEN IN PRAYER** for each other. Having someone pray for you and listen in prayer for you are some of the greatest gifts we can both give and receive. Every time you get together, create adequate space for prayer. (See appendices marked "Prayer", Pg 37).

WEEKLY RHYTHM PLAN

When we write down our plan to grow intentionally, it helps keep us on track and keeps our conversations from drifting into less intentional conversations. Remember, the purpose of an Apprenticeship Prayer Partner is to help you, under the guidance and empowering of the Holy Spirit, to train yourself in the way of Jesus.

1. LIST YOUR PERSONAL ACCOUNTABILITY QUESTIONS

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2. WRITE DOWN YOUR PLAN TO ENGAGE THE BIBLE

(Where you are going to read, what you are going to memorize, what method of reflection you're going to use, etc.)

3. LIST THE NAMES OF PEOPLE IN YOUR SPHERE OF RELATIONSHIPS WHO ARE SPIRITUALLY DISORIENTED (that you are going to commit to pray for with your Apprenticeship Prayer Partners)

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4. LIST ANY 'BIG' PRAYER REQUESTS FOR EACH PERSON IN YOUR GROUP (that you'll commit to praying for over the coming months)

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-

HOW TO USE THE REST OF THIS FIELD GUIDE



We encourage you to use a journal to record your times of listening prayer with Jesus, as well as to track how you're doing in your areas of growth and accountability each day and each week.

We have included appendices on a variety of topics which you could choose to explore and incorporate into your Apprenticeship Prayer Partner conversations. As previously noted, the intent is NOT that you try to utilize all the options offered here.

THE GOAL IS TO **GROW IN CONTENTMENT, JOY &
CONFIDENCE IN GOD TOGETHER WITH OTHERS**
ON THE JOURNEY WITH YOU.

The tools here are intended to be used only as far as it helps to serve that goal.

Rather, after becoming familiar with what is available here, we suggest reviewing the appendices 1-2x year (or when you are feeling 'stuck') to see if there is another element that would be helpful in spurring you on to do what Jesus is asking of you.



NOTES



NOTES



IN THE APPENDICES, THERE ARE RESOURCES TO HELP YOU!

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Section 1

SHARE



APPENDIX A: ACCOUNTABILITY QUESTIONS

WHY DO WE NEED ACCOUNTABILITY?

As we seek to people of integrity, few things help us remain conscious of our decisions and choices like knowing we will have to give an account to another loving brother or sister in Christ. Even though we know God sees everything we do, most of us find it easier to confess our sin and shortcomings to God than to one another. Yet in God's sovereignty, He has made it clear that part of how we walk with Him in wholeness is through regular confession. Regular, meaningful accountability both helps us resist temptation more effectively (with the help of the Holy Spirit), and also provides a safe place to confess our sin and help us grow in genuine humility.

The following scriptures remind us of the importance of living our lives openly before others, of regular confession, and of the need to support each other to this end.

ENCOURAGING EACH OTHER TO GROW IN THEIR SPIRITUAL MATURITY:

Hebrews 10:24 (NIV) *"And let us consider how we may spur one another on toward love and good deeds."*

1 Thessalonians 5:11 (NLT): *"So encourage one another and build each other up..."*

Galatians 6:1-2 (NLT) *"Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. Share each other's burdens, and in this way obey the law of Christ."*

TO HELP WITH TEMPTATION:

1 Corinthians 10:12-13 (NLT) *"If you think you are standing strong, be careful not to fall. The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, He will show you a way out so that you can endure."*

James 5:16 (NLT) *"Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results."*

APPENDIX A: ACCOUNTABILITY QUESTIONS

John 3:19-21 (NIV) *"This is the verdict: Light has come into the world, but people loved darkness instead of light because their deeds were evil. Everyone who does evil hates the light, and will not come into the light for fear that their deeds will be exposed. But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God."*

WHERE DO I BEGIN?

The goal of having accountability is to be *strengthened to do the things we want to do*. As such, it is important to **choose questions that will help you in key areas** of your apprenticeship walk with Jesus. While the individual questions will vary from person to person, a good place to start is to think about key areas of your life and what kind of question might 'spur you on to love and good deeds.' The following categories and examples are key areas where most of us will benefit from having some form of accountability.

- a. **A Key Relationship** - Example: "Did I withdraw or engage in my relationship with my spouse/child/classmate, etc.?"
- b. **Sexuality** - Example: "Did I intentionally expose myself to any suggestive or explicit sexual material?"
- c. **Financial Integrity** - Example: "Did I lack financial integrity in any of my dealings?"
- d. **Work/School** - Example: "Did I cut corners, misrepresent any reporting, cheat, or lack integrity in any way this week?"
- e. **Speech** - Example: "Did I talk negatively about anyone behind their back or dishonour some in how I spoke to them?"
- f. **Attitude/Character Trait** - Example: "Did I live from a place of discouragement and resignation or did I live from a place of hope and confidence in God?"

A great follow up listening prayer question for any area of ongoing struggle is to ask Jesus: "Jesus, what's happening in my heart when I engage in an unhealthy or sinful manner on this issue?"

When we have an ongoing area of struggle, we often will need some form of inner healing for our hearts in order to find consistent victory. Consider participating in an upcoming *Encounter Freedom Retreat*, or sign-up for a *Lifeline Session* to have someone listen in prayer with you. For more information on weekend retreats or prayer, visit our website.

APPENDIX A: ACCOUNTABILITY QUESTIONS

SAMPLE QUESTIONS

In different seasons of our lives, different questions will be helpful for us. It's a good practice to review your questions annually to see how you've grown and if there are new areas of accountability to explore. We recommend utilizing at least one accountability question each time you meet, and likely not more than 5 or 6.

The following provide some suggestions to get you started.

STAAC (CORE ACCOUNTABILITY QUESTION):

Where have you sensed the prompting of Jesus in the last week? Did you obey?

SOUL-FLOURISHING QUESTIONS

Dallas Willard suggests two questions:

1. Am I growing more easily discouraged these days?
2. Am I growing more easily irritated these days?

John Ortberg reflects: "At the core of a flourishing soul are the love of God and the peace of God. If peace is growing in me, I am less easily discouraged. If love is growing, I am less easily irritated."

This is a good, subjective litmus test for the true measure of growing intimacy with God.

JOHN WESLEY'S SMALL GROUP QUESTIONS

1. Am I consciously or unconsciously creating the impression that I am better than I am? In other words, am I a hypocrite?
2. Am I honest in all my acts and words, or do I exaggerate?
3. Do I confidentially pass onto another what was told me in confidence?
4. Am I a slave to dress, friends, work, or habits?
5. Am I self-conscious, self-pitying, or self-justifying?
6. Did the Bible live in me today?
7. Do I give it time to speak to me everyday?
8. Am I enjoying prayer?
9. When did I last speak to someone about my faith?
10. Do I pray about the money I spend?

APPENDIX A: ACCOUNTABILITY QUESTIONS

11. Do I get to bed on time and get up on time?
12. Do I disobey God in anything?
13. Do I insist upon doing something about which my conscience is uneasy?
14. Am I defeated in any part of my life?
15. Am I jealous, impure, critical, irritable, touchy or distrustful?
16. How do I spend my spare time?
17. Am I proud?
18. Do I thank God that I am not as other people, especially as the Pharisee who despised the publican?
19. Is there anyone whom I fear, dislike, disown, criticize, hold resentment toward or disregard? If so, what am I going to do about it?
20. Do I grumble and complain constantly?
21. Is Christ real to me?

WESLEY'S BAND MEETING NOTES:

1. What known sins have you committed since our last meeting?
2. What temptations have you met with?
3. How were you delivered?
4. What have you thought, said, or done, of which you doubt whether it be sin or not?
5. Have you nothing you desire to keep secret?

CHUCK SWINDOLL'S PASTORAL ACCOUNTABILITY QUESTIONS:

1. Have you been with a woman/man anywhere this past week that might be seen as compromising?
2. Have any of your financial dealings lacked integrity?
3. Have you exposed yourself to any sexually explicit material?
4. Have you spent adequate time in Bible study and prayer?
5. Have you given priority time to your family?
6. Have you fulfilled the mandates of your calling?
7. Have you just lied to me?

NEIL COLE:

1. What is the condition of your soul?
2. What sin do you need to confess?
3. What have you held back from God that you need to surrender?
4. Is there anything that has dampened your zeal for Christ?
5. Who have you talked with about Christ this week?
6. What is God saying to me? What am I going to do about it?

APPENDIX A: ACCOUNTABILITY QUESTIONS

ED STETZER:

1. Have you been a testimony this week to the greatness of Jesus Christ with both your words and actions?
2. Have you been exposed to sexually alluring material or allowed your mind to entertain inappropriate thoughts about someone who is not your spouse this week?
3. Have you lacked any integrity in your financial dealings this week, or coveted something that does not belong to you?
4. Have you been honoring, understanding and generous in your important relationships this past week?
5. Have you damaged another person by your words, either behind their back or face-to-face?
6. Have you given in to an addictive behavior this week? Explain.
7. Have you continued to remain angry toward another?
8. Have you secretly wished for another's misfortune so that you might excel?
9. Did you finish your reading this week and hear from the Lord? What are you going to do about it?
10. Have you been completely honest with me?



APPENDIX B: HOW TO FACILITATE CONFESSION OF SIN

Confession of sin to one another - though clearly taught in the scriptures - requires humility, courage and occasionally some direction to help us be specific. Sometimes sitting with the LORD and inviting Him to search our hearts - and then confessing to another human being - is one of the most soul-cleansing practices we can do.

The following is utilized at our *Encounter Freedom* retreats (formerly Encounter God Retreat), and can be a very helpful tool to incorporate into your practice of accountability. Without a simple tool like this, we sometimes resort to statements like "I'm struggling with" or "It wasn't my best week" instead of simply confessing an area of sin plainly and honestly.

When we are vague about our sin, we don't experience the same measure of freedom because we are still hiding our secrets - and it keeps us in bondage.

With your Apprenticeship Prayer Partner, you can simply work through any sin that the LORD raises with you using the simple pattern identified. The recognition of generational sin - especially as the Holy Spirit reveals it to you - is an important aspect of finding freedom. If you know or believe there is a generational pattern of sin in the area you are struggling, be sure to use the prayers identified below.

CONFESSION (prayed by the one confessing)

PERSONAL SIN Heavenly Father, I confess (**name sin specifically**) as my sin. I repent of it and I ask you to forgive me.

GENERATIONAL SIN In the name of Jesus, I break all generational sins and curses of (**name bondage, sin or curse**) that are in my family lines, and that were passed on to myself and were passed down to my children (if applicable).

DELIVERANCE (prayed by the A.P.P.)

BREAK BONDAGES & CAST AWAY In the name of Jesus, I cut you free from all attachments to (**name sin**) and I cast away every spirit of (**name of sin**).

APPENDIX B: HOW TO FACILITATE CONFESSION OF SIN

PRAYER (prayed for by A.P.P.)

God's word promises that if we confess our sins, He is faithful and just to forgive us our sins and purify us from all unrighteousness. Do you receive God's forgiveness? (1 John 1:9)

Thank you Jesus for your forgiveness, I ask you to cleanse everything **(name of person)** remembers in this area with the blood of Jesus. Lord Jesus, is there anything else you want to say to **(name of person)** in response to their confession? Listen and then ask person if they sense anything.

Extend Christ's love as you are led



APPENDIX C: ATTITUDE INVENTORY

Your attitude should be the same as that of Christ Jesus. Philippians 2:5 (NLT)

Our attitudes have the potential to either please or displease God. Often we blame our circumstances for our attitudes but circumstances do not create attitudes – instead our attitudes flow from our heart condition. Matthew 15:19 teaches us that *evil thoughts flow out of the heart*. God wants our character to imitate the character of Christ so He brings circumstances into our lives in order to shine light on the condition of our hearts. God does this because of His goodness and His desire for us to grow into maturity.

Listed below are some examples of ungodly attitudes. Take a few moments and ask the LORD to reveal to you any areas that He wants to speak to you about today. Check those things off as you go through the list.

- | | |
|--|---|
| <input type="checkbox"/> Anger | <input type="checkbox"/> Perfectionism |
| <input type="checkbox"/> Apathy | <input type="checkbox"/> Pride |
| <input type="checkbox"/> Argumentative | <input type="checkbox"/> Procrastination |
| <input type="checkbox"/> Arrogance | <input type="checkbox"/> Racism |
| <input type="checkbox"/> Envy/Jealousy | <input type="checkbox"/> Revenge |
| <input type="checkbox"/> Fear | <input type="checkbox"/> Sarcasm |
| <input type="checkbox"/> Greed | <input type="checkbox"/> Self-pity |
| <input type="checkbox"/> Hatred | <input type="checkbox"/> Self-righteousness |
| <input type="checkbox"/> Judgmental | <input type="checkbox"/> Suicidal thoughts |
| <input type="checkbox"/> Laziness | <input type="checkbox"/> Unbelief |
| <input type="checkbox"/> Materialism | <input type="checkbox"/> Unforgiveness/
Bitterness |
| <input type="checkbox"/> Negativity | <input type="checkbox"/> Vengeance |
| <input type="checkbox"/> People-pleasing | |

PRAYER & MEDITATION

1. Spend some time confessing each area that the LORD showed you as sin. Don't make excuses for your sin; confess it and repent of it.
2. Ask the LORD to change you in these areas, to grow godly attitudes and character inside of these sinful attitudes.
3. Pray that you would get to the root of any sinful areas that you struggle with regularly and find freedom with these.
4. Be sure to confess to your A.P.P.

APPENDIX D: CONFESSING THE SIN OF PRIDE

You have been deceived by your own pride
Obadiah 1:3: (NLT)

God opposes the proud but gives grace to the humble.
James 4:6 (NLT)

Pride is much more difficult to discern than any other sin because, by nature, pride is thinking more highly of oneself than one ought. If we don't have the help of the Holy Spirit and a brother or sister to help us see it, we can deceive ourselves. Consider periodically using the following questions to guide a time of listening to the Spirit. Be sure to confess whatever the LORD shows you - not just to Him, *but also to your Apprenticeship Prayer Partners.*

You can use Appendix B, pg 21 to help you confess your sin and receive forgiveness with the help of your Apprenticeship Prayer Partners.

PRAYER & MEDITATION

1. Ask God to show you your true heart when it comes to pride. Consider the following potential areas of pride and confess any areas that the Spirit highlights for you:
 - Thinking that you are better than other people.
 - Boasting about your accomplishments, seeking praise.
 - Harboring grudges and not forgiving.
 - Being inflexible, unwilling to change, needing to be in control.
 - Doing things in your own strength, with your own leading and not by abiding in him and through His leading.
 - Comparing your abilities to others, striving for success instead of service.
 - Caring too much about what others think and not about what God thinks.
 - Being driven by selfish ambition and not following God.
2. Once you confess your sin, pray and ask for God to help you grow in humility in the following areas:
 - Listening to God and obeying what He shows you.
 - Desiring to walk with God and grow in relationship with Him.
 - Trusting your position and future to Him.
 - Living in authentic wholeheartedness, desiring to please Him alone.

APPENDIX E: HOW TO HAVE PURPOSEFUL CONVERSATIONS

In addition to having purposeful conversations around scripture or areas of accountability, it can be very helpful to occasionally have a structured conversation around various areas in your life.

The reality is that if we are truly going to put *Jesus First in everything*, we have to consciously consider how we are going to arrange various areas of our life around that pursuit.

In our Apprenticeship Prayer Partner conversations, we can choose for a season to address specific areas of our lives for discussion.

POSSIBLE AREAS MIGHT INCLUDE:

- Marriage
- Parenting
- Sharing your faith
- Financial management
- Sexual integrity
- Spiritual practices
- Work/school and home life balance
- Conflict resolution
- Fruits of the Spirit, or other character traits

With any of these topics, consider utilizing three simple questions to prompt meaningful conversation:

- a. What is the most important thing you've learned about...?
- b. What is your biggest struggle in this area currently?
- c. How are you experiencing the grace of God in this area?





Section 2

REFLECT



APPENDIX F: HOW TO HAVE A DAILY DEVOTIONAL LIFE

The following format is adapted from Timothy Keller's book "Prayer." If you don't know where to start, this can prove to be a helpful guide, though it is important to always remember that you are seeking to grow a relationship with a real Person. While this can provide a useful template, the goal is not simply 'check off all the boxes.' Let the Holy Spirit lead you as He sees fit. Keller suggests setting aside about 20-25 minutes in the morning and 10-15 minutes before bed.

MORNING PRAYER

APPROACHING GOD

Ask the Father for His presence and the Holy Spirit to help as you read and pray. You might choose from one of these scriptures to begin your time with the LORD:

Psalm 16:8	Psalm 139:7-10
Psalm 27:4, 9-10	Isaiah 57:15
Psalm 40:16-19	Matthew 11:28-30
Psalm 63:1-3	John 4:23
Psalm 84:5-7	Ephesians 1:17-19
Psalm 103:1-2	Ephesians 3:16-20

Begin by quieting your heart, seeking to be still and to become attentive to Jesus (2 minutes)

BIBLE READING AND MEDITATION

To study the passage:

1. Read it three or four times.
2. Make a list of everything it says about:
 - God (Father, Son, and Holy Spirit)
 - Anything that it tells you about yourself
 - Any examples to be followed
 - Commands to be obeyed (or things that need to be avoided), promises to claim
3. Choose the verse and truth that is most striking and helpful to you. Paraphrase the thought or verse in your own words. To meditate on the passage: Write down answers to the questions on the next page. *(Keep in mind that in order to really become still before the LORD, you likely won't be able to do all of these things in any one session of meditation and prayer.)*

APPENDIX F: HOW TO HAVE A DAILY DEVOTIONAL LIFE

- What does this text show me about God for which I should praise or thank Him?
- What does the text show me about my sin that I should confess and repent of?
- What false attitudes, behavior, emotions, or idols come alive in me whenever I forget this truth?
- What does the text show me about a need that I have?
- What do I need to do or become in light of this?
- How shall I petition God for it?
- How is Jesus Christ or the grace that I have in Him crucial to helping me overcome the sin I have confessed or to answering the need I have?
- How would this change my life if I took it seriously – if this truth were fully alive and effective in my inward being? Also, why might God be showing this to me now? What is going on in my life that He would be bringing this to my attention today?

PRAYER

1. Pray each of the meditations—adoration, confession, petition, and thanksgiving for Jesus, His grace, mercy and salvation.
2. Pray for your needs and pressing concerns.

Take a final moment just to enjoy Him and His presence in silence (2 minutes).

EVENING PRAYER

APPROACHING GOD

Ask Him for His presence and help as you read and pray.

BIBLE READING AND MEDITATION

Read a Psalm, eventually working through the Psalter twice a year.

PRAYER

1. Turn the Psalm into a prayer and pray it back to God.
2. Think over your day and confess where you sinned or failed to respond as you should have. Think over your day and pray for people you met or heard about who have needs or are in difficulty.
3. Pray for some of the more urgent and important needs on your heart.
4. **When you meet with your Apprenticeship Prayer Partners, be sure to share what the LORD has been showing you throughout your week!**

*Keller, Timothy. Prayer: Experiencing Awe & Intimacy with God.
New York: Penguin Books, 2014.*

APPENDIX G: HELPFUL MOBILE APPS FOR A RICH DEVOTIONAL LIFE

In today's culture, we are fortunate to have resources that we can take with us everywhere - and it doesn't require us to lug materials around with us! Here are a few of our recommended mobile apps that can be wonderful tools to use daily.



YouVersion

YOU VERSION BIBLE

Over 1000 Bible translations, and hundreds of reading plans... take your Bible with you wherever you go with this easy to use app.



SCRIPTURE TYPER

Memorize your favourite Bible verses with this easy to use app! Memorize, organize and review verses on your own or with your Apprenticeship Prayer Partners! (See Appendix J, Pg 32)



FIGHTER VERSES: Designed for children to adults, this systems is great for groups to memorize and review at their own pace. (See Appendix J, Pg 32)



INSIGHT
Peace In our Timer

INSIGHT TIMER

Some times when we go to prayer, we find ourselves distracted by 'how much time have I been sitting here?' Instead of focusing on becoming attentive to Jesus, we keep checking the time. This is a simple tool that can be helpful when we want to set aside a few minutes of quiet - simply set the timer for your desired length of time and then turn your attention to Jesus.



RIGHTNOW MEDIA

Access a vast library of Bible studies and training- anytime, anywhere! (If you'd like free access to RightNow Media- email us and we will send you login information).



WhatsApp

WHATSAPP

WhatsApp is a free messaging app available for smartphones that you can use to communicate with your Apprenticeship Prayer Partners. (See Appendix H, Pg 30)



DAY ONE JOURNAL (for IOS) One of the top journal apps around - take your journal with you everywhere you go. Use on your phone, tablet or computer.



JOURNEY (for Android) A fantastic looking journal app for Android devices - also available on a computer.

APPENDIX H: USING WHATSAPP TO KEEP THE CONVERSATION GOING

A wonderful way to keep the conversation going each day with your Apprenticeship Prayer Partners is to create a WhatsApp conversation. (See Appendix G, Pg 29)

AS YOU GO THROUGH SCRIPTURE WITH YOUR APPRENTICESHIP PRAYER PARTNERS, TRY THE FOLLOWING STEPS:

1. Each day **read a portion of (or chapter of) scripture** (a great place to start is to read through the books of Psalms or Proverbs together).
2. Everyday as you read through a chapter, **reflect on a verse** that stands out to you within your WhatsApp conversation. Share your thoughts with your Apprenticeship Prayer Partners about how Jesus is speaking to you through specific verses in the chapter and spend some time in prayer with Him on your reflections. You may want to **physically write your prayer** out in your WhatsApp conversation.
3. **Spend a few minutes praying** for your Apprenticeship Prayer Partners based on their reflections.
4. Use the conversations to **share your prayer requests** with each other and keep each other in the know about what's going on in your lives in the days between your weekly meetings.

The WhatsApp conversation does not replace your regular weekly meetings but will only help to grow your relationship deeper and keep the conversation going!



APPENDIX I: RECOMMENDED READING

As we seek to live out our apprenticeship with Jesus, it can be very helpful to read and reflect on the writing of those who have thought deeply about various aspects of the journey. The following makes a strong curriculum for anyone looking to grow in their journey.

Suggested practice:

Read one chapter per week (or month) and discuss the following questions:

- a. What was the most important or compelling idea you read?
- b. How could you implement that into your daily life?

JESUS

- Beautiful Outlaw - John Eldredge
- Who is this Man? - John Ortberg
- The Jesus I Never Knew - Philip Yancey
- Simply Jesus - N.T. Wright
-

FOUNDATIONAL THEOLOGY

- New Christians Handbook - Max Anders
- Simply Christian - N.T. Wright

PRAYER

- Walking with God - John Eldredge
- Moving Mountains - John Eldredge
- Jesus Calling Devotional - Sarah Young

SPIRITUAL FORMATION

- Renovation of the Heart & Practice - Dallas Willard
- Celebration of Discipline - Richard Foster
- Soul Care - Rob Reimer
- God in My Everything - Ken Shigematsu

APPRENTICESHIP

- Apprenticeship with Jesus - Gary Moon
- Not a Fan - Kyle Idleman
- All In - Mark Batterson
- The Great Omission - Dallas Willard

EMOTIONAL & RELATIONAL HEALTH

- Keep your Love On - Danny Silk
- Emotionally Healthy Spirituality - Pete Scazzero
- Good & Beautiful God - James Bryan Smith
- Crazy Love - Francis Chan

APPENDIX J: BIBLE MEMORIZATION

WHY MEMORIZE THE BIBLE?

"BIBLE MEMORIZATION is absolutely fundamental to spiritual formation. If I had to choose between all the disciplines of the spiritual life, I would choose Bible memorization, because it is a fundamental way of filling our minds with what it needs. This book of the law shall not depart out of your mouth. How does it get in your mouth - memorization!"

-Dallas Willard

"I KNOW OF no other single practice in the Christian life more rewarding, practically speaking, than memorizing Scripture. . .No other single exercise pays greater spiritual dividends! Your prayer life will be strengthened. Your witnessing will be sharper and much more effective. Your attitudes and outlook will begin to change. Your mind will become alert and observant. Your confidence and assurance will be enhanced. Your faith will be solidified."

- Chuck Swindoll

WHERE TO START

1. COMMIT: Bible memorization is a discipline and people will sometimes object that their memory 'isn't what it used to be.' While there may be some slight change in memory retention as we get older, studies also show that the brain is a 'use it or lose it' part of the body just like our muscles! *If we want to stay sharp mentally, memorization is actually something that can help reverse aging.* It takes commitment, a little bit of discipline and hard work, but with a little intentionality, most people can memorize 1-2 verses/week with a reasonable amount of effort.

2. DECIDE WHAT TO MEMORIZE: There are many different approaches you can take to decide what to memorize, but here are some ideas to get you started.

- a. **Memorize key "fighter" verses:** John Piper has a 5-year Bible memorization program designed to help you memorize essential verses for living as an apprentice of Jesus. This is an outstanding approach to bible memorization. (See fighterverses.com or *Appendix G, Pg 29 for more information*)
- b. **Memorize key passages:** Dallas Willard recommends memorizing key passages that speak to life as an apprentice of Jesus in the Kingdom of God. It is a good practice to sometimes memorize passages because it keeps verses in context and helps us reflect on a train of thought.

APPENDIX J: BIBLE MEMORIZATION

The following are key passages to consider:

- 1 Corinthians 13:4-7
- Psalm 23
- Colossians 3:1-17
- John 15
- Romans 8
- Philippians 3
- 1 John
- Matthew 5-7

- c. **MEMORIZE A PSALM:** The psalms are the “Prayer Book” of the Bible and as we memorize them, they help give us new language with which to engage God in prayer.
- d. **MEMORIZE VERSES FROM YOUR DAILY DEVOTIONAL TIME:** As we spend time reading and reflecting on the bible, there will be many times when a verse we read ‘jumps off the page’ and hits our heart in a meaningful way. Begin to use these as a catalyst for the next verse(s) to memorize.

HOW TO MEMORIZE THE BIBLE

We highly recommend the app “**Scripture Typewriter**” as the go-to bible memorization tool because of its simplicity and tactile approach to reinforcement as well as helpful review model. It’s available for free on mobile devices and online. *(See Appendix G, Pg 29)*

John Piper also has a “**Fighter Verses**” app that takes a different approach to learning, but can also be very helpful. There are also some suggestions to aid in bible memory on the fighterverses.com website. Beyond this, consider using cue cards in the key places around your living space. You can place them on your bathroom mirror, fridge, office bulletin board and the dashboard of your car to review while driving (just don’t read while actually in motion!) Additionally, you might consider putting your weekly verses on the lock screen of your mobile device. *(See Appendix G, Pg 29)*

Review your verse(s) every morning before you leave for the day and every night before turning off the light. You’ll be amazed at how quickly you will begin to reap the benefits of this millennia-old practice! The true test will be when you commit to reviewing your memorized verses with your Apprenticeship Prayer Partner!

APPENDIX K: WHY GROUPS OF 2 OR 3?

The following is taken from Neil Cole and CMA Associates:
(cmareources.org)

A THEOLOGY OF TWO OR THREE

In the Beginning God...

This phrase is the starting point of the Bible: "In the beginning God..." (Genesis 1:1). Our God exists in a community of three – Father, Son, and Holy Spirit. It may not have been crystal clear when Genesis 1 was written, but from the whole of the Scripture we know that our God is not just one, but three-in-one. God was, is, and always will be the Trinity. We often glide over such an obvious truth.

It's Not Good for Man to be Alone...

And the Lord God said, "It is not good for the man to be alone. I will make a companion...." (Genesis 2:17). Prior to this passage God had called everything He made good: the sun, the moon, the plants, the animals, everything! Then He saw a person all alone and says, "This is not good." People are made for partners.

While God was remedying the problem, listen in to the conversation: "Let us make man in our image, in our likeness...He created them" (Genesis 1:26a, 27c). The beginning of the human race was a party of two (Adam & Eve) created by a party of three (Father, Son & Spirit). Every human family since has started with two as well!

Two or Three Throughout...

The Bible often elevates a group of two or three to significance. For example, "One witness is not enough to convict a man accused of any crime or offense he may have committed. A matter must be established by the testimony of two or three witnesses." (Deuteronomy 19:15) This is grace and wisdom in action. Protection from the ill will of one person is the purpose here. The last phrase is important: *A matter must be established by the testimony of two or three. To see something established, it requires more than one.*

Both the Old and New Testaments mention the phrase "two or three." It is interesting that at least ten other times "two or three" is suggested as an ideal size at which to conduct ministry. The Bible does not say "two or more" or "three or less," but regularly "two or three." Perhaps it is good to have some flexibility without too many options.

APPENDIX K: WHY GROUPS OF 2 OR 3?

In the wisdom literature, Solomon shares, “Two are better than one, because they have a good return for their work... Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.” (Ecclesiastes 4:9-12) Solomon certainly advocated for groups of two or three.

The New Testament Scriptures contain several other reasons why two or three may be the ideal size for effective fellowship and ministry. Accountability & confidentiality are stronger with two or three. Whether concerning an accusation against a brother or sister in the church (Matthew 18:15-17) or an elder (1 Timothy 5:19), instruction around handling these issues require two or three.

Two or three provide simpler and more balanced communication.

When there are many voices, it is difficult to hear and difficult to speak. Two or three is the perfect size group for clear communication and for everyone to participate.

With several perspectives, the group can have a more balanced conversation and find it easier to reach conclusions as well. Paul wrote the following regarding gatherings of the church:

“When you come together, everyone has a hymn, or a word of instruction, a revelation, a tongue or an interpretation. All of these must be done for the strengthening of the church...two—or at the most three—should speak, one at a time...Two or three prophets should speak, and the others should weigh carefully what is said....For God is not a God of disorder but of peace.” (1 Corinthians 14:26-33)

More flexibility is another strength of two or three. Most of us have had the experience of trying to coordinate the calendars of a handful of people. An advantage to a group of two or three is a better opportunity to actually schedule time together.

In addition, Jesus says, “For where two or three come together in my name, there am I with them.” (Matthew 18:20) Jesus promises to make the meeting when two or three come together, no matter where or when it might be.

Extending Influence by Twos

A couple of important examples of the expansion of ministry appear in the New Testament.

APPENDIX K: WHY GROUPS OF 2 OR 3?

In the Gospels

"[Jesus] sent them two by two ahead of him to every town and place where he was about to go." (Luke 10:1b) The whole of this chapter is full of important items, yet here we will emphasize only this verse. Notice that Jesus didn't send a core team, or an individual – He sent a team of two. This ought to encourage the most common person to engage in ministry in the context of two or three. The spiritual accomplishment of these dispersed teams was so great that Jesus is "full of joy" upon their return (Luke 10:21). Often people wonder, "How much can just two people accomplish?" It's clear when these teams are directed by Jesus they can accomplish much – even making Him joyous!

In the Acts of the Apostles

In a gathering of five church leaders who were seeking the Lord's face for direction, another insightful example occurs. "The Holy Spirit said, 'Set apart for me Barnabas and Saul for the work to which I have called them.' So after they had fasted and prayed, they placed their hands on them and sent them off." (Acts 13:2b-3) Don't miss that it was the Holy Spirit who instructed the group to send a team of two. Paul and Barnabas operated as traveling evangelists covering 1500 miles (Acts 13:4-14:28) with much fruitfulness!

We see in these two examples that as God seeks to expand His work in the world, **He calls and He sends out workers two-by-two**. Jesus describes the kingdom of God with the parable of the mustard seed, which starts small and then eventually grows very large. "Again He said, "What shall we say the kingdom of God is like, or what parable shall we use to describe it? It is like a mustard seed, which is the smallest seed you plant in the ground. Yet when planted, it grows and becomes the largest of all garden plants, with such big branches that the birds of the air can perch in its shade." (Mark 4:30-32)

The growth of the kingdom of God starts with the smallest of groupings—two or three. Jesus reinforced that the kingdom must start small and grow via multiplication to have great and expansive influence. Not surprisingly, this is consistent with who He is and with His wisdom as articulated throughout the Scriptures.





Section 3

PRAY



APPENDIX L:

PRAYING THE ARMOUR OF GOD (EPHESIANS 6)

THEREFORE PUT ON THE FULL ARMOR OF GOD, SO THAT WHEN THE DAY OF EVIL COMES, YOU MAY BE ABLE TO STAND YOUR GROUND, AND AFTER YOU HAVE DONE EVERYTHING TO STAND. STAND FIRM THEN WITH THE **BELT OF TRUTH** BUCKLED AROUND YOUR WAIST (Ephesians 6: 10-14a)

PRAY: Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Show me the truths I desperately need today. Expose the lies I'm not even aware that I'm believing.

...WITH THE **BREASTPLATE OF RIGHTEOUSNESS** IN PLACE (Ephesians 6:14b)

PRAY: And yes, Lord, I wear Your righteousness today against all condemnation and corruption. Fit me with Your holiness and purity - defend me from all assaults against my heart.

... AND WITH YOUR FEET FITTED WITH THE READINESS THAT COMES FROM THE **GOSPEL OF PEACE**... (Ephesians 6:15)

PRAY: I do choose to live out Your gospel at any moment. Show me where the larger story is unfolding so I can participate with You, and keep me from being so lax that I think the most important thing today is the soap operas of this world. Give me courage to be Your witness to those around me today.

... IN ADDITION TO ALL THIS, TAKE UP THE **SHIELD OF FAITH**, WITH WHICH YOU CAN EXTINGUISH ALL THE FLAMING ARROWS OF THE EVIL ONE... (Ephesians 6:16)

PRAY: Jesus, I lift against every lie and every assault, the confidence that You are good, and that You have good in store for me. Nothing is coming today that can overcome me because You are with me.

...TAKE THE **HELMET OF SALVATION**... (Ephesians 6:17a)

PRAY: Thank you, Lord, for my salvation. I receive it in a new and fresh way from you and I declare that nothing can separate me now from the love of Christ and the place I shall ever have in Your Kingdom.

APPENDIX L: PRAYING THE ARMOUR OF GOD (EPHESIANS 6)

...AND THE **SWORD OF THE SPIRIT**, WHICH IS THE WORD OF GOD.
(Ephesians 6:17b)

PRAY: Holy Spirit, show me specifically today the truths of the Word of God that I will need to counter the assaults and the snares of the Enemy. Bring them to mind throughout the day.

...AND **PRAY IN THE SPIRIT** ON ALL OCCASIONS WITH ALL KINDS OF PRAYERS AND REQUESTS. WITH THIS IN MIND, BE ALERT AND ALWAYS KEEP ON PRAYING FOR ALL THE SAINTS. (Ephesians 6:18)

PRAY: Finally, Holy Spirit, I agree to walk in step with you in everything - in all prayer as my spirit communes with You throughout the day.

Taken from:

Eldredge, John. Wild at Heart: Discovering the Secret of a Man's Soul. Nashville: Thomas Nelson, 2001.



APPENDIX M: PRAYING FOR LOST & SPIRITUALLY DISORIENTED PEOPLE

1. Father, in the Name of Jesus, I plead that you will draw _____ to Jesus Christ in true faith and repentance. (John 6:44)
2. Holy Spirit, in the Name of Jesus, I pray that You would destroy any false ideas that _____ has about Jesus Christ and salvation through Him. (Proverbs 14:12)
3. Lord Jesus, I plead that You will seek out _____ and save him/her from his/her sins and eternal condemnation. (Luke 19:10)
4. Father, I pray that You will open _____'s heart so that he/she will receive and believe the gospel. (Acts 16:14)
5. Father, I ask that the pleasures of this world and the pressures of life will not choke the Word of God that has been sown into _____'s life. (Matthew 13:7, 22)
6. Lord Jesus, I ask that _____ will not trust in himself/herself but that _____ will completely trust in You as his/her Saviour. (Galatians 2:16)
7. Lord God, I plead that You would grant _____ genuine faith, a faith that trusts in Jesus alone and surrenders to Him as Lord and Saviour. (Ephesians 2:8-10)
8. Father, I plead that _____ will understand that his/her only hope for forgiveness and acceptance with You is through Jesus' work on the cross. (1 Corinthians 1:18)
9. Lord Jesus, I plead that _____ will not be content with the appearance of righteousness, but will seek You for the transformation of his/her whole life. (Matthew 23:27-29)
10. Father, I pray that _____ will see that his/her good works are unacceptable in Your sight and that they will not save him/her. (Isaiah 64:6)

Taken from Prayer Connection 2002, published by the C&MA

APPENDIX N: PRAYING FOR PASTORS

1. Lord, I pray that _____ would be strong in You and in Your mighty power. (Ephesians 6:10)
2. May _____'s wisdom begin with an awesome fear and reverence for Your holiness and power. (Proverbs 9:10)
3. I pray that _____ would stand firm against the enemy's schemes to sabotage the work that You are doing through them. (Ephesians 6:11)
4. Father, please continue to renew _____ daily in Your holiness. Keep them from growing weary, reminding them that their labour is not in vain. (Isaiah 40:31; 1 Peter 1:16; 1 Corinthians 15:58)
5. Lord, set your angels _____ and their family, guarding them in all their ways, that no harm will befall them. (Psalm 91:10,11)
6. Lord, I pray _____ to have people of faith who would come alongside them, giving them wise counsel and providing accountability. (1 Peter 5:5; James 5:16)
7. Bless _____ with a rich study time, opening the eyes of their heart to Your wisdom and knowledge, that they would never compromise Your truth. (Ephesians 1:18)
8. Father, keep _____ pure by obeying the truth, and may they have a deep love for those they lead and care for. (1 Peter 1:22)
9. Bless _____ with fruit from the words You speak through them, Lord. May their words be anointed by the power of Your Holy Spirit, reaping a bountiful harvest of people coming to know Your salvation. (John 15:16)
10. Give _____ a bold vision as they lead others to reach out to spiritually needy people in their community. (Isaiah 40:11)
11. Lord, allow _____ and those they lead to be a beacon of hope in the midst of darkness, and the lost will be drawn to the Light of the world. (Acts 13:47; John 8:12)
12. Thank you, Lord for the gifts of wisdom and spiritual insight that _____ brings to the church. Raise up prayer warriors from within this church who will gird them in prayer. (James 5:16b)

APPENDIX O: LISTENING IN PRAYER FOR EACH OTHER

HOW TO LISTEN IN PRAYER FOR EACH OTHER

1. Begin by **taking 3-4 deep breaths** (try to picture Jesus praying for the person). Usually we need a few moments to become attentive to Jesus and settle our hearts before we're ready to hear from Him.
2. **Pray:** "Jesus, thank you that you are always praying for us. What are you praying for (Name of person) today? Why is that important to you?"
3. Be quiet. **Don't rush.** Listen. Write down what comes to mind in your journal.
4. **Don't 'over-think'** what comes to mind. If you are uncertain as to whether what you 'hear' is from Jesus or just your own thoughts, before you pray, share with the person what came to mind and see if it resonates with them. If so, pray it boldly for them!

Some possible things to ask Jesus as you listen for someone:

"Jesus, what is on your heart for _____? Why?"

"Jesus, what counsel do you have for _____? Why?"

"Jesus, what scripture would be timely for _____? Why?"

****Remember that we are all on a journey!** The Enemy will want you to avoid this practice because of fear that you might 'get it wrong'. While it is always essential to listen with a humble posture - knowing we won't always hear clearly, and that even when we do hear clearly, sometimes we may misinterpret what we hear - there are few things that bless us in our walk with Jesus quite like having someone else listen in prayer for us. Have courage and learn together how to bless one another through this means!

For more equipping in this area, consider participating in the next Hearing God course and check out the *Recommended Reading* in Appendix I, Pg 31.



APPENDIX P: HOW TO JOURNAL PRAYER CONVERSATIONS WITH GOD

If this is new to you, while you might feel a little intimidated at first, its important to remember that Jesus said that His sheep would hear His voice (see John 10). He didn't make any distinction between *which* sheep would hear His voice.... indicating that all His sheep would hear His voice.

However, like all things in life, we need practice to grow in this. The first time I (Jeremy) heard my wife Lisa's voice, I didn't automatically recognize it in every situation. But after more than two decades of relationship and 'practice,' I've learned to recognize her voice in any situation!

IT'S THE SAME WITH LEARNING TO RECOGNIZE THE VOICE OF JESUS.

The following is a simple method that literally 1000's of people have used to help them grow in this gift of hearing the Shepherd's voice. By no means, is this the only way to grow in recognizing His voice, but many have found it a very helpful method.

It begins by considering how a human conversation takes place. When you wish to begin a conversation with someone, generally speaking, you either state something or ask something. Then you wait and listen for the response. Conversing with God really has a similar feel to it. As you journal, you might want to do something like this:

Begin by writing down your own initial (in my case "J") with a colon - **J:** Then write out your prayer to God - it may begin with a few words of thanksgiving and praise for what He has done for you that day or week.

Praise is one of the key ways we come into His presence (see Psalm 100:4). It helps orient us away from ourselves and what concerns us, and begins to help us get on to God's agenda.

If you have some known sin, or something that you are aware would cause a block in your communion with Jesus, it is best to confess it (write it out) here as you begin.

APPENDIX P: HOW TO JOURNAL PRAYER CONVERSATIONS WITH GOD

Example: **J(eremy)**: *LORD, I want to tell you how much I love you and how grateful I am for your grace and generosity in my life! You are my Shepherd and in you, I have everything I need. Lead me to 'still waters,' that my soul might find rest in you.*

At this point you can write the letter "**G**:" (for God) and then listen with your pen pressed on the paper, or fingers hovering over the keyboard, for the first thought that comes to mind.

As soon as you begin to have a thought or a picture, you just begin writing – not debating in your mind where it came from. The wrestle of whether or not what comes to mind is from God or not, hinders many people from growing in this practice. Don't worry at this point whether what comes to mind is your idea or God's idea... that will become clear as you progress.

Example: **G(od)**: *Jeremy, it is my joy to undertake for every area and aspect of your life. My heart for you is that you might live from an unhurried soul, and I will lead you there as you keep your eyes fixed on me.*

Some days, this might be enough for you, depending on what the LORD says. Remember, this is a conversation with another person – there are no 'rules' or preconceived 'expectations' of how this should go...you're simply learning how to relate personally with God. Seek to enjoy the conversation without putting undue expectations on it. At this point, you might wonder, "What should I do next?"

Perhaps a better question would be: What do you feel like doing next? There's no right or wrong answer to this question!

If you have a question for the LORD, you should feel free to ask it. Don't hesitate to take the lead, knowing that the LORD delights in spending time with you! He is never too busy for you!

Write out your question (next to your initial) and then simply write "**G**:" and then what comes to mind.

APPENDIX P: HOW TO JOURNAL PRAYER CONVERSATIONS WITH GOD

Though this might feel awkward at first, if you stick with it (and don't over think it!), you may be surprised at how much Jesus has to share with you!

** As you're learning to do this, if you are struggling with writing the letter "G:" and then what you think God is saying (because you're not actually sure if what you're writing is actually God speaking), another option that people have found helpful is simply to write out what they think Jesus might be saying.

In my own listening prayer journal, I will often do this if I'm not feeling settled that what is coming to mind is definitely from Jesus. This is what it looks like in my journal many times:

Example:

J(eremy): *LORD, I've been considering the following course of action with respect to my...(marriage, family, work, ministry, etc.). What counsel would you give me? Is this a wise way to move forward?*

J(G?): *Jesus, as I wait here on you, my sense is that you may be directing me in this way....am I hearing you right?*

J(G?): *Jesus, I feel a growing sense of peace and settledness as I sit with this course of action. I'm going to wait on it for a day or two, and then come back to you again to see if I'm still on the right path...*

For a great picture of what this kind of conversational intimacy looks like, consider reading John Eldredge's book, *Walking with God*.

For more equipping in this area, consider participating in the Hearing God Course the next time it is offered.

Adapted from Ray Duerksen's "How to Journal Prayer Conversations with God." (churchrenewal.com)



APPENDIX Q: LISTENING PRAYER EXERCISE FOR GROWING IN SPIRITUAL INTIMACY

The following is a simple exercise that can be used repeatedly as a framework to help you grow in a conversational intimacy with God. Generally speaking, it is probably helpful to set aside at least 10-15 minutes to engage this exercise.

Be sure to share your experiences with your Apprenticeship Prayer Partners!

STEP 1: QUIET YOURSELF

Be still and know that I am God
Psalm 46:10

- a. Start by taking 4-5 deep breaths to release physical tension.
- b. Write down anything you are worried, anxious or burdened by.
- c. Intentionally release these to God:
 - Picture giving each item over to Jesus (perhaps in a backpack, or as a heavy boulder)
 - Declare that He is God and is in control over each of these items.
- d. Pray for God to grant you peace.
- e. Wait quietly for several breaths.

STEP 2: CONNECT TO JESUS

Enter His gates with thanksgiving and His courts with praise
Psalm 100:4

- a. Write down something you are grateful for, some examples are:
 - Last time you felt close to God
 - When you first came to know Jesus and experience His forgiveness and salvation
 - Something God did for you
 - Someone who you really appreciate
 - A favorite place in nature
 - Answered prayer
 - Challenges that are helping you grow
 - Freedom from enslavement to a particular sin
 - Family member(s): spouse, children, grandchildren, grandparents
 - Good gifts from God that you never asked for

APPENDIX Q: LISTENING PRAYER EXERCISE FOR GROWING IN SPIRITUAL INTIMACY

- b. Write down how it made you feel.
- c. Write down why it was so meaningful to you.
- d. Pray and really thank Jesus from your heart. Don't just go through the motions; let your heart be lifted up in true gratitude.

STEP 3: LISTEN TO JESUS

Speak Lord, for your servant is listening
1 Samuel 3:9

- a. Focus on this memory & ask Jesus:
 - What do you want me to know about what was happening there? Why is this memory coming to mind?
 - Where are You (Jesus) in this memory?
 - How do you see me in this? What is your heart for me in this situation?
- b. Write down the thoughts – don't worry about whether or not they are your thoughts.
- c. If a particular word or picture forms in your mind, write this down as well.
- d. Conclude by asking: "Jesus, is there anything else you want to say to me?"
- e. Spend a few moments of quiet time resting in His presence.

Adapted from Ray Duerksen. (churchrenewal.com)



APPENDIX R: SUGGESTED LISTENING PRAYER CATEGORIES

Here are a few ideas of topics that you may wish to cover in your listening prayer journal. The idea is not to cover each topic every day or every week, but to regularly invite Jesus to speak to you on these kinds of areas.

Without intentionality in these areas, we can revert to 'relying on our own strength and wisdom' in these things. Consider taking time to listen to Jesus on one topic every day (you might stay with the same topic for several days or even weeks, depending on what Jesus shows you). Be sure to share your journey with your Apprenticeship Prayer Partner!

Ask the Holy Spirit to guide your prayer time and to give you words, thoughts and pictures as strategies on how to pray. You may not understand everything that comes to mind, but over time God will reveal to you more and more as you pursue praying according to His will.

BEGIN WITH: "God, what question do you want me to ask you?"

If you don't 'hear' a question, consider using one of the questions below:

- When and for how long do You want me to meet with You each day?
- Is there anything that keeps me from full surrender to You?
- What things do You want me to pray for myself?
- What things do You want me to pray for in my marriage?
- What things do You want me to pray for in my family?
- What things do You want me to pray for our church family?
- Is there someone You want me to pray for today? What should I pray for?
- Is there someone You want me to give a word of encouragement? What do You want me to say?
- Is there someone You want me to do something for? What do You want me to do?

APPENDIX R: SUGGESTED LISTENING PRAYER CATEGORIES

- What would You like me to stop doing in my life? What steps should I take for doing this?
- What would You like me to begin doing in my life? What steps should I take for doing this?
- Is there anything I need to confess and ask forgiveness from You for?
- Is there anything I need to confess and ask forgiveness from someone else for?

THEN ASK GOD to begin to give you direction for one of the following areas in your life:

- Assurance of salvation
- Walk with God (character, holiness, state of relationship with Him)
- Kids' extracurricular involvement
- Spiritual growth of kids (things to pray for or actions to take as parents)
- Marriage (where is more investment needed; how to better love your spouse)
- Other relationships (family, work, neighbors)
- What to do on time off (weekend or vacation time)
- Finances (giving, saving, spending)
- Physical health (sleeping, eating & exercise)
- Healing
- Evangelism (what is your next step with your spiritually disoriented friends, neighbours, classmates, co-workers)
- Devotional life (Bible reading, prayer, other reading)
- Ministry calling and gift development
- Ministry involvement (use separate categories for separate ministries)
- Scheduling (amount being done, strategies for greater efficiency and effectiveness)
- Business, career or work
- For the region, country or world
- Scripture questions (asking for understanding)

Adapted from Ray Duerksen (churchrenewal.com)



APPENDIX S: STRUGGLING TO HEAR GOD

The following is a simple example of how you could intentionally lead yourself to a place of connection with God, in particular, if you have been feeling 'stuck' or unable to have confidence that you are hearing God's voice. If that is the case, this could be a really helpful template to use while listening in prayer together with your Apprenticeship Prayer Partner(s).

1. Ask yourself if you believe God wants to speak to you. Confess unbelief, if necessary.
2. Pray a prayer asking God to speak to you. Write it out.
3. Ask God to show you any barriers that are preventing you from hearing. For example: lack of desire, unconfessed sin, unbelief, fear, lack of trust, etc.
4. Ask God to show you how these barriers can be removed.
5. Pray that God would lead and guide you in your listening prayer times and that you would grow to trust Him and learn to recognize His voice. Ask Him to help you trust the words, thoughts and pictures that He gives you. Write out what comes to mind.
6. Thank God that he loves you and is eager to speak with you. Thank Him for His grace while you practice and learn together with Him!

Adapted from Ray Duerksen (churchrenewal.com)



APPENDIX T: PRAYER OF EXAMEN

The Prayer of Examen is an ancient practice where apprentices of Jesus seek to daily reflect on their conscious awareness of the presence of God with them.

Jan Johnson offers this helpful direction when it comes to praying the Examen:

“The Prayer of *Examen* can be a powerful rhythm to become more aware of how God is inviting us to live a transformed, kingdom-oriented life. It requires pausing, asking God for help and reflecting. With practice, it becomes automatic and almost natural for any of us. It is based on the ideas expressed in many places in Scripture, including Psalm 139:23-24 (NLT):

‘Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.’

But doing the examen can also fill you so much guilt that you don’t ever want to talk to God again. Several approaches prevent this:

1. You **don’t do this yourself**. You ask the Spirit to do this. There may be a boatload of mistakes you could notice, but the Spirit will not tell you about all of them. The Spirit will tell you only what you can manage to hear, and will do so in such a way that it will be an invitation from the One you love. The tone of Spirit-led examen is usually encouraging and gentle – revealing truth to counter lies. The tone of self-led examen is often condemnatory and defeating.

2. The purpose is **not to judge ourselves**, but to pay attention to inner truths about ourselves without condemnation. The key word is: *Noticing*. So this is not about self-judgment but self-knowledge, not self-scrutiny but finding God in all things.

So, the following is a template you can use as part of your daily practice, often just before bed, or first thing in the morning, reviewing your previous day.

Few spiritual practices are as helpful in training us to become more aware of the presence of God throughout our every day life. Give it a try for a month and discuss it with your Apprenticeship Prayer Partners!

APPENDIX T: PRAYER OF EXAMEN

"I have been crucified with Christ and I no longer live but Christ lives in me. The life I now live in the body, I live by faith in the Son of God who loved me and gave himself up for me." Galatians 2:20

1. FOCUS ON GOD'S GOODNESS AND GRACE. Give thanks to God for what you have received and for how God helped you in the previous day.

2. PETITION. Ask God for insight to understand what is in your heart (we cannot do this unless the Holy Spirit shows us).

3. REVIEW YOUR DAY WITH GOD BY YOUR SIDE. Ask God to show you times where you were moving closer to God and times where you were moving away from Him.

- In what ways did I notice God in my day?
- When/where did I feel close to Him? Distant from Him?
- Where did I give love today? Where did I receive it?
- What habits and life patterns do I notice in my daily experience?
- Where did I recognize I was moving away from God, but decided to continue towards temptation and engagement?
- When was I most free? Least free?
- When did I feel most fully myself? Least myself?
- When did I feel most whole? Most fragmented?
- Where am I being invited to follow God more closely?

4. THANKFULNESS AND FORGIVENESS. Celebrate the times of movement toward God and ask for forgiveness for times of moving away from God. Soak in God's grace, forgiveness and mercy.

5. RENEWAL Ask God for grace to amend your ways and more fully live out a sense of connection with God. What might be a simple next step? Even in this, affirm your need for God for "without [Jesus] you can do nothing" (John 15:5).



NOTES





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