



RESOURCES FOR  
*Prayer*

# Prayer

Prayer is simply about communicating with God. Sometimes it involves listening, sometimes it involves talking, and sometimes it involves just groaning. (Romans 8.26)

God knows what is on our hearts, so it doesn't matter whether we pray in silence, or out loud - God can hear and answer the prayers either way.

Here is a suggested way you could structure your prayers, but don't feel constrained by it:

**Pause** : Psalm 46.10 "Be still & know that I am God." Be present to God. Breathe deeply & well. Repeat a prayer phrase e.g. Thank you Jesus

**Rejoice** : Phil 4.4 "Rejoice in the Lord always." Listen to and sing along to a hymn or worship song or read a Psalm. Before we ask for more it's good to thank God for all he has given us and praise him for who he is.

**Ask** : John 14.14 "Ask anything in my name and I'll do it." Pray in the name of Jesus for yourself and others.

**Yield** : Romans 12.1 "Offer your bodies as living sacrifices." Fill me Holy Spirit & use me. Ask God what his will is today.

The Lectio 365 app uses this model to help you pray and reflect on the Bible.



# Bible Study

## PLAN

If you are new to reading the Bible start by reading one of the Gospels: Matthew, Mark, Luke or John.

It is good to read the Bible in a planned way. There are lots of good Bible reading plans out there.

If you want to read the whole Bible in one go, Ben recommends reading an Old Testament passage, New Testament passage, Psalm & Proverb all on the same day. To sign up for a Bible plan to help you keep track, go to [bible.com](http://bible.com) or download the Bible app by Life.Church for your mobile phone.



## LISTEN

Why not listen to the Daily Audio Bible Podcast? You can listen to the whole Bible being read over a year or just focus on certain books, like Proverbs. It's available at [dailyaudiobible.com](http://dailyaudiobible.com) and on iTunes.

You can also listen to the Bible on [bible.com](http://bible.com) and [biblegateway.com](http://biblegateway.com). The Bible app also lets you listen to it on your phone.

# Resources for Families

## APPS



Bible for Kids app by Lifechurch.tv has interactive Bible stories



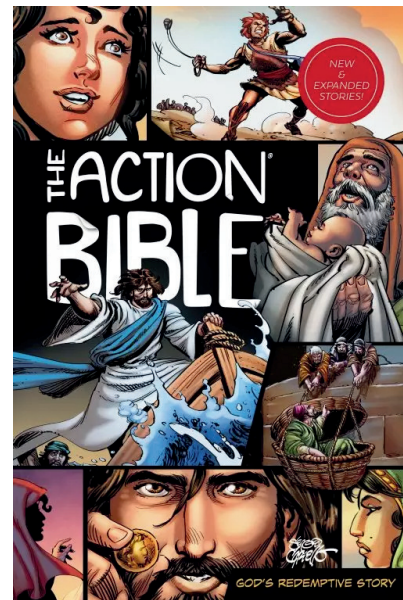
Lectio for families app to help families reflect on the Bible and pray together

## Books

God and me Daily Devotional book for families to read together

The Beginners Bible by Zonderkidz is good for little ones.

The action Bible is a good comic strip style Bible for older children.



More resources on [hernehillparish.org.uk](http://hernehillparish.org.uk)