

“40 DAYS TO BUILD YOUR PRAYER LIFE”



Now Jesus was praying in a certain place, and when he finished, one of his disciples said to him, “Lord, teach us to pray, as John taught his disciples.”² And he said to them, “When you pray...

Luke 11:1-2

LCC DISCIPLESHIP

The purpose of the “Prayer Course” is to inform, inspire, and equip the members of Lakeview to make room for the ministry, power, and presence of the Spirit through the vehicle of prayer.

Weekly Format

DURING THE CLASS (Corporately)

3 Segments to each Week's Class Time

- **"Tim Time"** (Time with Tim Keller ...5-10 mins) ...an interactive review of the assigned reading content. This is intended to help encourage their reading and to fan the flame of some helpful/sound insights on prayer.
- **Teaching Time** (25-30 mins) ...each week's teaching element is to be aligned with the same teaching emphasis in the section of the Book you are covering (see course outline below)
- **Tool Time** (5-10 mins) ...a time to interact with the tools and approaches we are sharing to help people to "build a prayer life".

DURING THE WEEK (Personally)

- Read "Prayer" by Tim Keller—Reading assignment given out each week. Daily reading should take about 15-20 minutes
- "Look for" an insight, a take-away, a fresh thought that spoke to you
- Benefit from accountability— Partner with at least one other person (could be a few/several) that will help you in the building process! Create a means of contact and review of the week— both the content and the actual practice.

COURSE OUTLINE

Jan 11 ...Week 1 - [KEITH] ...Envision a Prayer Study in conjunction with the LCC emphasis on the Ministry of the Holy Spirit in 2026; give out reading assignment; introduction of our tools;

Jan 18 ...Week 2 - [TIM] ... "Prayer" - Part 1: "Desiring Prayer" (Chap 1 - The Necessity of Prayer; Chap 2 - The Greatness of Prayer)

Jan 25 ...Week 3 - [Michael] ... "Prayer" - Part 2: "Understanding Prayer" (Chap 3 - What is Prayer?; Chap 4 - Conversing with God; Chap 5 - Encountering God)

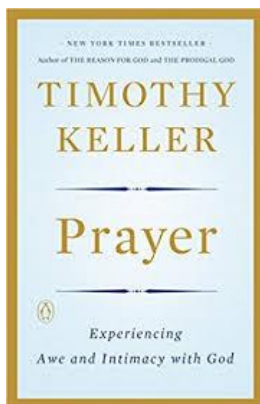
Feb 1 ...Week 4 - [Tim] ... "Prayer" - Part 3: "Learning Prayer" (Chap 6 - Letters on Prayer; Chap 7 - Rules for Prayer; Chap 8 - The Prayer of Prayers; Chap 9 - The Touchstones of Prayer)

Feb 8 ...Week 5 - [Todd] ... "Prayer" - Part 4: "Deepening Prayer" (Chap 10 - As Conversation: Meditating on His Word; Chap 11 - As Encounter: Seeking His Face)

Feb 15 ...Week 6 - [Tim] ... "Prayer" - Part 5: "Doing Prayer" (Chap 12 - Awe: Praising His Glory; Chap 13 - Intimacy: Finding His Grace; Chap 14 - Struggle: Asking His Help; Chap 15 - Practice: Daily Prayer

Feb 22 ...Week 7 ...TBD

Required Resources



Workshop Textbook: ***"Prayer – Experiencing Awe and Intimacy with God"***
 by Timothy Keller

Helpful Resources

PrayerMate App – Available in the App Store
<https://blog.prayermate.net/>



WEEK 1 ... An Introduction to “40 Days to Build a Prayer Life”

“Tim TIME”

...Tim’s honesty about the difficulty of prayer

- “Rome wasn’t built in a day” ...finish the 40 days!
- You will need good content! ...few things help an empty prayer life like “insight” and “inspiration”
- You will benefit from a good plan
- You will benefit from accountability

...Tim’s insight on the unique role of prayer and self-knowledge (which is vital to “experience”)

“...prayer is not simply the solitaire exploration of your own subjectivity. You are with Another, and he is unique. God is the only person from whom you can hide nothing. Before him you will unavoidably come to see yourself in a new, unique light. Prayer, therefore, leads to a self-knowledge that is impossible to achieve any other way.” Timothy Keller, “Prayer”, p 12

Heb 4:12-13 For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. ¹³ And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.

TEACHING TIME

- **2025-2026 LCC Journey ... “Worship” ... “Spirit” ... “Truth” (Jn 4:23)**
 - What Does God Desire of Us? ...Worship!
 - Truth (The Ministry of the Word)
 - Spirit (The Ministry of the Spirit)
- The Ministry of the Spirit ...is a living “exchange”, it is something to “receive”, it is something we “encounter”, it is something that “stirs, touches, and affects us”, it is a “conversation”,

NOTHING is more central to having an “exchange” or “conversation” with the Holy Spirit than prayer!

Lakeview Christian Center

Prayer Ministry Workshop

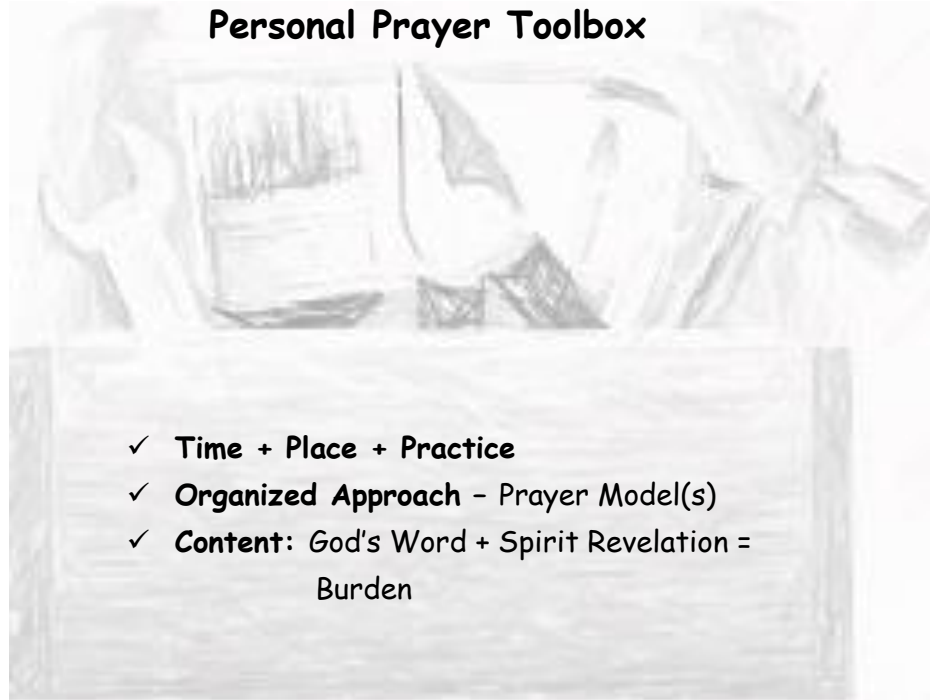
Pastor Keith Collins

"I once thought in my ignorance, that most people said their prayers, and many people prayed. I have lived to think differently. I have come to the conclusion that the great majority of professing Christians do not pray at all. I know this sounds very shocking, and will startle many. But I am satisfied that prayer is just one of those things which is thought a 'matter of course,' and, like many matters of course, is shamefully neglected. It is 'everybody's business;' and, as is often happens in such cases, it is a business carried on by very few. It is one of those private transactions between God and our souls which no eye sees, and therefore one which there is every temptation to pass over and leave undone." J.C. Ryle, "Practical Religion", p. 68

- Prayer has more than one "dimension" to it.
 - Prayer is 'communion', connection', 'nearness' (may include silence or few words)
 - Prayer is 'communication' – speaking, revealing, correcting, inspiring, instructing, processing, digesting, etc.
 - Prayer is 'kingdom advancing' (intercessory prayer)
 - Prayer is praise, adoration, affection, etc.

"TOOL TIME"

"...how, then, do we actually learn how to pray? ...I made four practical changes to my life of private devotion. First, I took several months to go through the Psalms, summarizing each one. That enabled me to begin praying through the Psalms regularly... The second thing I did was always to put in a time of meditation as a transitional discipline between my Bible reading and my time of prayer. Third, I did all I could to pray morning and evening rather than only in the morning. Fourth, I began praying with greater expectation. ...The changes took some time to bear fruit, but after sustaining these practices for about two years, I began to have some breakthroughs. Despite ups and downs since then, I have found new sweetness in Christ and new bitterness, too, because I could now see my heart more clearly in the new light of vital prayer. In other words, there were more restful experiences of love as well as more wrestling to see God triumph over evil, both in my own heart and in the world. These two experiences of prayer... grew together like twin trees. One stimulates the other. The result was a spiritual liveliness and strength that this Christian minister, for all my preaching, had not had before." Tim Keller, "Prayer", p. 17-18



Time + Place + Practice

- ✓ **Time** ...Think daily, weekly, monthly, and yearly
 - **Daily** ...choose as consistent of a time as possible in your daily routine to install your prayer time, and try to choose a time that you are MOST likely to be successful at making use of. If you are not a morning person, then trying to get up extra early probably won't be your best choice.
 - **Weekly** ...allow for some days to have a unique variety to them (a longer weekend time slot or certain days that you use to strengthen meditation and the content of your prayer life.
 - **Monthly** ...plan to have moments where you are getting fresh input, reading something helpful on prayer, or taking an extended time to pray.
 - **Yearly** ...Consider doing a personal prayer retreat. This could be a time where you are waiting on the Lord for direction, planning, or communion with the Holy Spirit. It will be helpful to plan for a time to re-envision your approach to prayer on a regular basis—i.e. you'll need to pick up your paper airplane and give it a fresh toss!

NOTES

✓ **Time** ...think quality of time and not just quantity

- The realities of life will mean you don't have unlimited time for your prayer times, but you want to figure out ways to give enough time for it to be meaningful, and also to consider having some times available that afford greater "quality" of experience—i.e. the ability to "pray until you pray". Waiting, listening, and praying out of a burden that's been awakened by the Spirit is not like baking a cake or reading a chapter from the Bible—sometimes you encounter the Holy Spirit's leading in 15 minutes, sometimes 50 minutes, sometimes not at all.

✓ **Place**... the Lord has sovereignly watched over the details of your life, so the 'places' He has made available to you are the ones you'll need to make use of. Moses went up on a mountain and Jesus withdrew to the wilderness ...but if you don't have a mountain or a wilderness, you will need to at least find a place that affords you the opportunity to be focused and minimally interrupted.

- Solitary places around your home: walk-in closet, a home office, an unused bedroom, a bathroom, a back porch, etc.
- Away from home settings: go for a walk, go park by the Lake or a park, etc.

✓ **Practice**... whether your prayer times are immediately rewarding, slowly rewarding, or suddenly unrewarding, having a prayer life means continuing to apply yourself to time, place, and a heart that is engaged and eager.

APPROACHING GOD IN PRAYER



Approaching God in Prayer ...in an age of instant access, informality, and fast-paced priorities it is hard to make a case for something that is slow, deliberate, contemplative, and formal. But the Bible makes numerous presentations about being "careful" in how we approach God, and it even reveals some fairly lengthy formalities—the Tabernacle and the O.T. festivals. The meaningfulness of our prayer times will actually benefit from observing some helpful approach elements.

- **Quietude** – The essential practice of making our minds and hearts available to the Holy Spirit and quieted from the noise of our lives

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"...It is necessary for us to withdraw at regular intervals and enable our souls to attain that quietude and inward composure which are essential if we would hear the voice of God. ...Men who pray are not aware of this. As soon as they enter into their secret chamber they begin at once to speak with God. Do not do that, my friend. Take plenty of time before you begin to speak. Let quietude wield its influence upon you. Let the fact that you are alone assert itself. Give your soul time to get released from the many outward things. Give God time to play the prelude to prayer for the benefit of your distracted soul. Let the devotional attitude, the attitude of holy passivity, open all the doors of the soul leading into the realm of eternal things." O. Hallesby, "Prayer", p. 93-94

"Let the first rule of right prayer then be, to have our heart and mind framed as becomes those who are entering into converse with God. ...laying aside carnal thoughts and cares which might interfere with the direct and pure contemplation of God." John Calvin, "Institutes of the Christian Religion"

- **Thanksgiving & Praise** – appropriate awareness of what God has done and who God has been must inform our thoughts about what he will do.
- **Meditation** – Content that stirs our faith and informs our prayers. Meditation is a form of engaged contemplation, listening, and responding. This is an environment that is ripe for the Holy Spirit to reveal and enlighten and speak.
- **Order & Argument** (See Addendum for Charles Spurgeon message: "Order and Argument in Prayer") – We are appearing before the high court of heaven, the Throne of the King ...let us bring our reasonings and arguments for the kingdom to come

"First, it is necessary that our suit be ordered before God. There is a vulgar notion that prayer is a very easy thing, a kind of common business that may be done in any way, without care or effort. ...The ancient saints were accustomed to ordering their cause before God. For example, a petitioner coming into court does not come there to state his case on the spur of the moment. Certainly not. He enters into the audience chamber with his suit well prepared. Moreover, he has learned how he ought to behave himself in the presence of the great one to whom he is appealing. In times of peril and distress we may fly to God just as we are, as the dove enters the cleft of the rock even though her plumes are ruffled; however, in ordinary times we should not come with an unprepared spirit, even as a child does not come to his father in the morning until he has washed his face." Charles Spurgeon, "Order and Argument in Prayer"

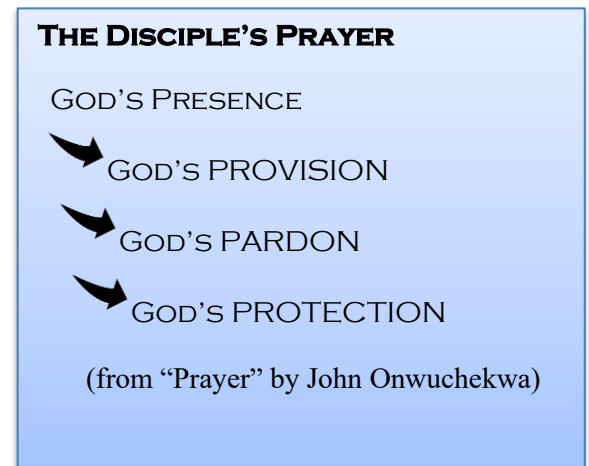
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- **Petitions** – asking for specific things

Prayer Models

One of the best ways to insure a weak and unattractive prayer life is to develop ruts that become familiar and lack meaningful engagement. This is not usually a problem when you are just starting out, but it can become one soon, if you are praying often and seeking to spend a decent amount of time engaged. A helpful and biblically revealed approach to prayer is to have the help of a prayer model.

✓ **The Disciple's Prayer** ("The Our Father") ...



✓ **Scripture Passages** ...choose passages that provide a bit of an 'outline' of various topics or focal points for prayer

"Christians just setting out on the path of prayer sometimes pray for everything they can think of, glance at their watches, and discover they have been at it for all of three or four minutes. This experience sometimes generates feelings of defeat, discouragement, even despair. A great way to begin to overcome this problem is to pray through various biblical passages." D.A. Carson (quoted in "Praying the Bible" by Donald Whitney)

“For you yourselves know, brothers, that our coming to you was not in vain. ² But though we had already suffered and been shamefully treated at Philippi, as you know, we had boldness in our God to declare to you the gospel of God in the midst of much conflict. ³ For our appeal does not spring from error or impurity or any attempt to deceive...” 1 Thessalonians 2:1-3

Excerpted from Donald Whitney’s book, “Praying the Bible” (p. 56-58)

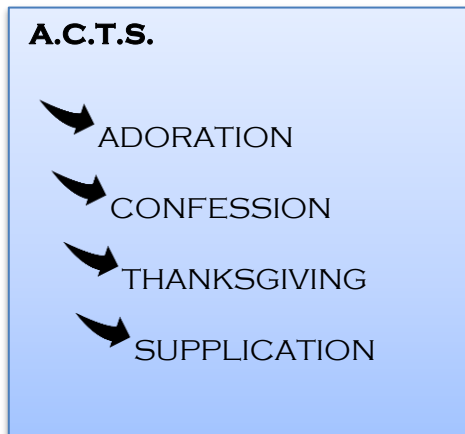
Let's look at how praying through several verses together in a New Testament letter might go. Suppose the passage you choose is 1 Thessalonians 2. ...You read verse one: “For you yourselves know, brothers, that our coming to you was not in vain.” Then perhaps you pray: ***“Thank you, Lord, for the one who came to me with your gospel. Thank you for his/her faithfulness to share the words of eternal life in Jesus. Thank you for opening my eyes to my need for your Salvation so that I did not receive your gospel in vain.”***

After you say all that comes to mind from verse one, you turn to verse 2: “But though we had already suffered and then shamefully treated at Philippi, as you know...” The words “suffered and been shamefully treated” stand out to you because of the suffering in your own life at present. So you pray about matters related to your suffering and the relief of it. That may lead you to think of people in your family, church, or neighborhood who are suffering, so you pray for them. The words “shamefully treated” may also apply to you personally and prompt prayers about that. Further, they may bring to mind fellow believers near and far who are experiencing persecution for being followers of Jesus, individuals or people groups you've recently heard about at church or in the news.

Following those prayers, you continue reading in verse 2: “...we had boldness in our God to declare to you the gospel of God in the midst of much conflict.” After word you may find yourself praying along these lines: ***“Oh God, give me the boldness to declare the gospel to that person at work, to that person down the street, despite the conflict in their heart . I pray for the Christians in the Sudan, in India, in China, in the places of persecution I just mentioned. Give them the boldness to declare the gospel despite the conflict they experience due to the government and false religions.”***

Once you’ve said all that comes to mind from verse 2, you look to the next verse: “for our appeal does not spring from error or impurity or any attempt to deceive.” Almost immediately you might think of someone you know whose mind and heart are being clouded by error, a friend or family member who has become enamored with some false teacher. Or perhaps you pray for someone being tempted with impurity—you, your spouse, or your child. Then you pray for anyone you know who is falling prey to deception, possibly a young woman being deceived by a young man, or vice versa.

- ✓ **A.C.T.S.** ...this is a common and very helpful acronym that meaningfully engages several aspects of prayer that should be part of our regular times of prayer.



- **Adoration** ...spend time pondering the greatness, beauty, wonder, worthiness, power, love, mercy, etc. of God. Take note of these, ponder them, appreciate them, allow them to inform your faith and surround your soul. If God is not worthy and attractive and the object of our worship, it will be next to impossible for our prayers to be appropriate.
- **Confession** ...God is holy and our approach to Him should be informed by our creatureliness and an appropriate self-awareness of any sin that we should confess. This is an essential part of how God forms humility in our lives by our having an accurate self-perception.
- **Thanksgiving** ...we are regularly in need of being reminded of the many past, present, and future ways that God has provided for us and blesses us. Our faith is built and our prayers informed by how God has done for us so much that should be inspiring an ongoing attitude of gratitude.
- **Supplication** ...this is often where we start, rather than where we finish our times of prayer. Supplication is the act of bringing our needs, petitions, and requests to God.

✓ Creeds & Catechisms

✓ John Piper's Prayer

"O Lord, as you are often accustomed to do, show your great power... Send a remarkable awakening that results in hundreds of people coming to Christ, ...old animosities being removed, ...marriages being reconciled and renewed, ...wayward children coming home, ...long-standing slavery to sin being conquered, ...spiritual dullness being replaced by vibrant joy, ...weak faith being replaced by bold witness, ...disinterest in prayer being replaced by fervent intercession, ...boring Bible reading being replaced by passion for the Word, ...disinterest in global missions being replaced by energy for Christ's name among the nations, ...and lukewarm worship being replaced by zeal for the greatness of God's glory."

...Treat each of these phrases as something to wait on the Holy Spirit to give you direction and burden to pray for in your local church and setting.

“Organized Focus in Prayer”

Another practice that tends to weaken our approach to prayer and make our time feel less meaningful is when one tries to “pray about everything, all the time”. When our prayer times are filled with long lists of names and needs that we seek to simply mention, and we are quickly moving through a long list of needs and issues, but with minimum meaningful thought and interaction, our faith will feel disconnected and our awareness of the Spirit’s promptings will be harder to notice. One thing that can be helpful is to organize our approach to prayer into a schedule that allows a greater level of engagement and meaningful prayer.

- ✓ **Prayer Cards** – Consider ways that you might divide up your week into various focus points that allow you time to meditate, listen and meaningfully pray for different aspects of your life.
 - Personal needs: spiritual growth, victory over sin, application of truth, invitation for conviction, faith for various callings, health & fitness, fears, areas of doubt, etc.
 - Family needs: spiritual appetite, growth, & protection; blessed and strategic relationships; health; financial; education; jobs; marriages; current circumstance; upcoming season in their lives; etc.
 - Local church needs: elders, pastors, & staff along with their families; various ministries of the church; outreach activities of the church and its members; financial needs; the purpose of the Father, the person & work of Christ, the power & presence of the Spirit
 - Missions and extra-local ministries:
 - Our nation and governmental leaders

SATURDAY – LAKEVIEW

(Front)

Eph 4:11-16 And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, ¹² to equip the saints for the work of ministry, for building up the body of Christ, ¹³ until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, ¹⁴ so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. ¹⁵ Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, ¹⁶ from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.



SATURDAY – LAKEVIEW

(Back)

"O Lord, as you are often accustomed to do, show your great power... Send a remarkable awakening that results in hundreds of people coming to Christ, ...old animosities being removed, ...marriages being reconciled and renewed, ...wayward children coming home, ...long-standing slavery to sin being conquered, ...spiritual dullness being replaced by vibrant joy, ...weak faith being replaced by bold witness, ...disinterest in prayer being replaced by fervent intercession, ...boring Bible reading being replaced by passion for the Word, ...disinterest in global missions being replaced by energy for Christ’s name among the nations, ...and lukewarm worship being replaced by zeal for the greatness of God’s glory." (JOHN PIPER)

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MONDAY**PERSONAL PRAYER TARGETS**

- A Personal Growth Area in Family Ministry & Activity: (as a Husband/wife)
- A Personal Growth Area in Character (Humility)

MONDAY PRAYER FOCUS:> ***Personal Issues of Growth***

- Study of Scripture
- Times of prayer
- Roles & Responsibilities
- Pending Decisions
- Patterns/habits

****FAMILY MEMBER TO PRAY FOR.*******FRIEND/CO-WORKER TO PRAY FOR.*******COV. GROUP MEMBER TO PRAY FOR.******MISCELLANEOUS PRAYER NEEDS**

- Health Needs
- Those Overtaken in Sin

TUESDAY**PERSONAL PRAYER TARGETS**

- A Personal Growth Area in Family Ministry & Activity: (Parental Care & Wisdom)
- A Personal Growth Area in Church Ministry and Outreach (Spiritual Gift)

TUESDAY PRAYER FOCUS:> ***Family***

- Salvation
- Spiritual Growth
- Good relationships in family
- Good friendships
- Education/school
- Spiritual Protection & Physical Health
- Upcoming Events & Activities

****FAMILY MEMBER TO PRAY FOR.*******FRIEND/CO-WORKER TO PRAY FOR.*******COV. GROUP MEMBER TO PRAY FOR.******MISCELLANEOUS PRAYER NEEDS**✓ **Prayer Circles**