



Unity Church
ORPINGTON

Improve my prayer life

SEEK & FIND · A FOUR-WEEK GUIDE

Prayer isn't a performance. It's honest conversation with a Father who wants to hear from you. You don't need special words, just a few quiet minutes.

“But when you pray, go into your room, close the door and pray to your Father, who is unseen.”

Matthew 6:6 (NIV)

Name _____ Start date _____

BEFORE YOU START

How to use this guide

Set aside about ten minutes, five days a week. Find a quiet spot, a Bible (or a Bible app), and a pen.

1. **Read** the day's short passage, slowly. Tick the box when you're done.
2. **Try** the week's simple practice in everyday life.
3. **Reflect** at the end of the week, and jot down what you noticed.
4. **Pray**, even if it's just: "God, help me to know you more."

Missed a day? No guilt. Just pick up where you left off. This isn't a test; it's an invitation.

THIS GUIDE IS FOR YOU IF YOU'RE...

Not sure how to pray, or what to say

Feeling like your prayers hit the ceiling

Wanting a steady, daily habit that lasts

YOUR FOUR WEEKS

WEEK 1

Just talk

WEEK 2

The Lord's Prayer

WEEK 3

Pray honestly

WEEK 4

Pray for others

You don't have to walk it alone

Find a friend to do this with you, or ask someone at Unity Church to check in with you each week. Call the office on 07723 291151.

Just talk

Start small: five minutes a day. Talk to God the way you would talk to someone who loves you.

READ: ONE A DAY

☐	DAY 1	Matthew 6:5–8	<hr/>
☐	DAY 2	Luke 11:5–13	<hr/>
☐	DAY 3	Psalms 62:5–8	<hr/>
☐	DAY 4	1 Samuel 1:9–18	<hr/>
☐	DAY 5	Psalms 145:17–19	<hr/>

Use the line for one word or phrase that stood out.

THIS WEEK, TRY

Five minutes a day, same time and place. Use three words:
Thank you, Sorry, Please.

REFLECT

What did you find yourself wanting to say?

When and where works best for you?

A PRAYER FOR THIS WEEK

The Lord's Prayer

When the disciples asked Jesus to teach them to pray, he gave them this. Take one line a day.

READ: ONE A DAY

☐	DAY 1	Matthew 6:9–10	_____
☐	DAY 2	Matthew 6:11	_____
☐	DAY 3	Matthew 6:12, 14–15	_____
☐	DAY 4	Matthew 6:13	_____
☐	DAY 5	Luke 11:1–4	_____

Use the line for one word or phrase that stood out.

THIS WEEK, TRY Pray the day's line slowly, then add your own words to it.

REFLECT

Which line meant most to you?

Which line was hardest to pray?

A PRAYER FOR THIS WEEK

Pray honestly

The Psalms show us that we can bring everything to God: joy, fear, anger, grief and hope.

READ: ONE A DAY

☐	DAY 1	Psalm 23	
☐	DAY 2	Psalm 13	
☐	DAY 3	Psalm 42	
☐	DAY 4	Psalm 51:1–12	
☐	DAY 5	Mark 14:32–42	

Use the line for one word or phrase that stood out.

THIS WEEK, TRY Pray a Psalm aloud. Bring your real feelings, even the hard ones.

REFLECT

What did you hand over to God this week?

What surprised you about the Psalms?

A PRAYER FOR THIS WEEK

Pray for others

Prayer turns us outward. This week, carry other people to God.

READ: ONE A DAY

☐	DAY 1	Philippians 4:4–7	_____
☐	DAY 2	Colossians 1:9–14	_____
☐	DAY 3	Ephesians 3:14–21	_____
☐	DAY 4	James 5:13–16	_____
☐	DAY 5	John 17:20–26	_____

Use the line for one word or phrase that stood out.

THIS WEEK, TRY Keep a short prayer list (there's one at the back) and pray with one other person.

REFLECT

Where have you seen answers?

Who will you keep praying for?

A PRAYER FOR THIS WEEK

My prayer list

Write down who and what you're praying for. Come back and tick when you see an answer, however small.

[illegible]

AFTER FOUR WEEKS

Keep going

Well done for taking these steps. Looking back over the last four weeks, what has changed?

YOUR NEXT STEP COULD BE TO...

- Send a prayer request to our prayer team, in confidence
- Ask for prayer after any Sunday meeting
- Keep going with your private prayer journal on our website

This guide is for personal spiritual growth. It isn't a substitute for professional help with medical, mental health, addiction or relationship difficulties. If you need that kind of help, please speak to your GP, or ask us and we'll help you find it.

COME AS YOU ARE

There's a seat saved for you this Sunday.

SUNDAYS

10:30am

Unity Church, Rye Crescent
Orpington BR5 4NH

CONTACT

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Monday & Wednesday mornings

ONLINE

unitychurch.uk

Seek & Find pathways

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