



Ready,  
Set, Pray

Unveiling Eden Prayer Guide

Dear Prayer Warrior,

We have written this prayer guide with you in mind.

Prayer is an important part of the Christian walk, and one of the many ways we experience intimacy with our Savior. For some, it can be hard to know where to start. For others, their prayer life can easily become a mundane task.

Our goal with this guide is to provide a resource that strengthens your prayer life.

Our hope is that you not only pray urgent prayers but have an ongoing conversational prayer life with God.

The Lord's prayer is a great guide to start off with.

“When you pray, don't babble on and on as the Gentiles do. They think their prayers are answered merely by repeating their words again and again. Don't be like them, for your Father knows exactly what you need even before you ask him! Pray like this: Our Father in heaven, may your name be kept holy. May your Kingdom come soon. May your will be done on earth, as it is in heaven. Give us today the food we need, and forgive us our sins, as we have forgiven those who sin against us. And don't let us yield to temptation, but rescue us from the evil one. “If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins.”

Matthew 6:7-15 (NLT)

The Lord's prayer is meant to be merely a guide, as the Bible says not to use repetitions when we pray. It serves as an outline to make sure we include these key elements in our prayers.

We encourage you to search the scriptures as THE source of your faith and prayer guidelines before anything else. We do believe the topics in this guide are outlined by scripture and backed by the Holy Spirit.

In this guide, we will discuss the importance of the following in your prayer life: gratitude, heart of expectation, heart of repentance, and intentionality.

As founders of Unveiling Eden, our biggest goal for our audience is to be empowered to use their voice. However, before we can use our voice, we must lend our voice to prayer and conversations with our Father. We love each one of you and include you in our own prayers each day.

Love, Jasmine Beard and Tori Savoy

## PRAYING WITH A HEART OF GRATITUDE

“Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations.” Psalm 100:4-5 (NLT)

When we enter into His presence, we should begin with gratitude and praise. It sets the tone for our prayers by getting our hearts centered on Christ rather than on our own problems.

Let's think about a marriage relationship. If the conversation is always focused on how the house is never clean, how the finances are tight, or how the affection is not enough, eventually the hearts become bitter. However, if each spouse took a second to step back from those negative realities that are taking a focal point in their hearts, he or she could see that their spouse is too busy loving their children to spend time on a spotless house, the money is being put into a savings account for a better future, and that affection was always there just maybe in a different form.

If instead of nagging the spouse, the conversation was to praise the spouse, the relationship and conversation would flourish.

We have to change our conversations with God to first and foremost appreciate what He has done in order to set the tone for the remainder of our prayer time and life. We must take a step back and flip our perspective.

Now this does not mean we should not make requests to God or express how we are struggling. However, we must always remember that in every circumstance, God is good and His love endures forever. When you focus on the goodness of God, you can more easily believe in His ability to grant your requests. No task seems too big when your heart is filled with gratitude for the things God has done.

Gratitude is not a destination to work towards. It should be a constant state of mind.

## PRAYING WITH A HEART OF GRATITUDE (CONTINUED)

Prayer should not be about just seeking what God can do but who He is. This is where a heart of gratitude comes in.

“Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.” Ephesians 5:18-20 (NLT) is

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7 (NLT)

A thankful heart has no room for anxiety because it finds comfort and peace in knowing that through Christ our prayers and requests are heard.

Finally, a thankful heart rejoices in each and every circumstance, just as Paul and Silas praised God from their prison cell.

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

Questions to consider:

What things do you have to be grateful for? How has God been good in your life? List below.

## PRAYING WITH A HEART OF GRATITUDE (CONTINUED)

What areas does your heart have anxiety or worry over?

What do you find your life lacking?

What struggles are you facing?

Now take each one of those, and flip the perspective. List something for each area that you could be thankful for. Example: (struggle: motherhood is running me dry. Thankful: I have the opportunity to mother God's children)

## PRAYING WITH A HEART OF REPENTANCE

Repent: to feel or express sincere regret or remorse about one's wrong doing or sin.

You may be familiar with the word repent or repentance. When we first surrender our lives to Christ and receive Him as Lord, we firstly repent of our sins. Turning away from sin and yielding to Christ allows us access to the Father through our prayer lives.

Although we have been saved and have the new nature of Christ, we are still not perfect, and therefore, must confess our sins daily as we continue our relationship with Christ. You may even confess your sins to God right after you sin instead of waiting hours to do it at an appointed time. God is omnipresent and sees and hears all, so get familiar with speaking to Him in the midst of seemingly mundane circumstances.

When we pray with a heart of repentance, we must take responsibility for our own sin. It can be very easy to see the faults in others or to blame others for our actions, but focus on your faults when in prayer and not the faults of others.

As you take responsibility and acknowledge your sin, remember that it is by grace that you have been saved, and the blood of Christ washes all sin away and makes you white as snow, (Ephesians 2:8-9, Isaiah 1:18). However, unconfessed sin leaves a barrier between ourselves and God. Have you ever tried to enter into the presence of God angry at your significant other or while harboring bitterness towards another person?

“If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins.  
Matthew 6:14-15 (NLT)

Sin corrupts our heart, and we know that out of the abundance of the heart the mouth speaks (Luke 6:45). As we confess our sins and God is able to cleanse us of unrighteousness, our hearts then reflect the Heart of God, and we are able to pray His heart's desires.

David was a great example of a man who prayed with a heart of repentance. David committed great sin in his life, yet he is known as “A Man After God's Own Heart”.

Why?

## PRAYING WITH A HEART OF REPENTANCE (CONTINUED)

Psalm 51 is a great illustration of David's heart of repentance. Read it and pray the words yourself. This is a psalm of David, regarding the time Nathan the prophet came to him after David had committed adultery with Bathsheba.

### Psalms 51 (NLT)

“Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins. Wash me clean from my guilt. Purify me from my sin. For I recognize my rebellion; it haunts me day and night. Against you, and you alone, have I sinned; I have done what is evil in your sight. You will be proved right in what you say, and your judgment against me is just. For I was born a sinner—yes, from the moment my mother conceived me. But you desire honesty from the womb, teaching me wisdom even there. Purify me from my sins, and I will be clean; wash me, and I will be whiter than snow. Oh, give me back my joy again; you have broken me—now let me rejoice. Don't keep looking at my sins. Remove the stain of my guilt. Create in me a clean heart, O God. Renew a loyal spirit within me. Do not banish me from your presence, and don't take your Holy Spirit from me. Restore to me the joy of your salvation, and make me willing to obey you. Then I will teach your ways to rebels, and they will return to you. Forgive me for shedding blood, O God who saves; then I will joyfully sing of your forgiveness. Unseal my lips, O Lord, that my mouth may praise you. You do not desire a sacrifice, or I would offer one. You do not want a burnt offering. The sacrifice you desire is a broken spirit. You will not reject a broken and repentant heart, O God. Look with favor on Zion and help her; rebuild the walls of Jerusalem. Then you will be pleased with sacrifices offered in the right spirit—with burnt offerings and whole burnt offerings. Then bulls will again be sacrificed on your altar.”

### Questions to consider:

Do you have unconfessed sin in your life? If so, name those things below.

Prayer: “Dear Lord, thank You for saving me. I once was a terrible lost sinner, and now because of You, I am free from those things that once entangled me. But Father, I still miss the mark. I fall short every single day, and do things, speak things, and think things that are contrary to Your heart. For that, I am so sorry Jesus. I repent for (fill in the blank). Please forgive me, cleanse me, and help me to have Your heart and nature Father. In Jesus' name, AMEN.”

## PRAYING WITH A HEART OF INTENTION

Have you ever found yourself in prayer just rambling with no specifics or purpose behind your words? God longs for us to pray specific prayers so that He can answer those prayers in specific ways.

### Jesus Heals Two Blind Men

“As Jesus and the disciples left the town of Jericho, a large crowd followed behind. Two blind men were sitting beside the road. When they heard that Jesus was coming that way, they began shouting, “Lord, Son of David, have mercy on us!” “Be quiet!” the crowd yelled at them. But they only shouted louder, “Lord, Son of David, have mercy on us!” When Jesus heard them, he stopped and called, “What do you want me to do for you?” “Lord,” they said, “we want to see!” Jesus felt sorry for them and touched their eyes. Instantly they could see! Then they followed him.” Matthew 20:29-34 (NLT)

The blind men had a specific need in their lives, the ability to see.

Yet, they asked for mercy. Mercy is needed, and Jesus encapsulates the very essence of what that word means. Yet, when the men asked Him for mercy He showed even deeper compassion by asking, “What do you want me to do for you?”

When they finally asked specifically for their sight to be healed, Jesus said that because of their faith they were healed!

“And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him.” Hebrews 11:6 (NLT)

Has your lack of faith caused you not to be specific in your personal prayer life? You do not have to tip-toe around your specific needs when you come to God. You can share every detail with God.

When we pray with a heart of intention, we are praying with faith that surpasses basic needs and surface level faith.

Surface level faith=surface level breakthrough

An intentional prayer life also allows us to be less focused on just ourselves and include those and the world around us.

How many times have you told someone you would pray for them, only to never follow through?

## PRAYING WITH A HEART OF INTENTION (CONTINUED)

We may have great intentions when speaking with our friends about praying for them, but when it comes time to pray, we never once mentioned that much needed prayer for our friends, family and the world around us.

It is important to write down specific prayers so we do not leave anyone or anything out that God would like us to pray for.

We recommend writing out an agenda/calendar for your prayer life.

What are the specific needs you have in your life? What specific needs do the people around you need? What specific needs does your neighborhood need? Have you brought those specific needs up to God in prayer?

An agenda will help you to pray for those specific needs regularly. This weekly calendar/agenda will help you to be as specific as you want to be. Do not feel pressured to pray for the specific things that we have listed below. These are just suggestions to help you to be more intentional in your prayer life.

Day of the week	Specific Prayer Need
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

## PRAYING WITH A HEART OF EXPECTATION

“Then Jesus told them, ‘I tell you the truth, if you have faith and don’t doubt, you can do things like this and much more. You can even say to this mountain, ‘May you be lifted up and thrown into the sea,’ and it will happen. You can pray for anything, and if you have faith, you will receive it.’” Matthew 21:21-22 (NLT)

“You don’t have enough faith,” Jesus told them. “I tell you the truth, if you had faith even as small as a mustard seed, you could say to this mountain, ‘Move from here to there,’ and it would move. Nothing would be impossible.” Matthew 17:20 (NLT)

What is prayer without faith behind those prayers? The Bible tells us that it is impossible to please God without faith (Hebrews 11:6). My question for you is why pray if you do not believe those prayers to be answered?

We are to pray and believe that what we ask for will be done.

TO EXPECT SOMETHING is to believe that it is likely to happen.

When God promises us something, we should stand on those words and be praying with expectation. Do not be timid for God already knows our desires before we ask, and many of those desires have been placed inside of us by God himself.

“Take delight in the Lord, and he will give you your heart’s desires.” Psalms 37:4 (NLT)

We need to pray with the faith of a child (Matthew 3:18). Do you remember when you were young and you believed anything was possible? Perhaps you prayed fervently - believing all your prayers would come to pass. However, at some point, you began to doubt the importance of your prayers because maybe some went unanswered. As a result, your prayer life became more passive.

Do you only pray for the things that seem attainable? Things that you can control the outcome of? This method of prayer may limit the possibility of deferred hope, but it also limits experiencing the hand of God in your life. Let go of that control and surrender completely to God. Trust God, His plan, His purpose, and His goodness.“

Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.” Proverbs 3:5-6 (NLT)

Hannah was a great example of someone who prayed with expectation.

## PRAYING WITH A HEART OF EXPECTATION (CONTINUED)

"Hannah was in deep anguish, crying bitterly as she prayed to the Lord. And she made this vow: 'O Lord of Heaven's Armies, if you will look upon my sorrow and answer my prayer and give me a son, then I will give him back to you. He will be yours for his entire lifetime, and as a sign that he has been dedicated to the Lord, his hair will never be cut.'" 1 Samuel 1:10-11 (NLT)

Hannah was bold in her prayer life. She did not stop praying until the Lord gave her a son. She truly believed in the power of her God and the power of praying to Him. Let us do away with passive prayers. Expect God to move through your prayers and be bold in what you pray, and God can move mountains.

Questions to consider:

What areas has God promised to show up in your life?

What are some ways God has answered prayers for you in the past?

Refer back to these when praying to keep your eyes fixed on what He is capable of in your life.

Prayer: "Dear Lord, I pray that you take my prayer life to new levels. Increase my faith in prayer. May I pray with expectation that you will do what you have promised in my life. I pray that I have a child-like faith demonstrated in my prayer life. You are a God who keeps His promises and delights in meeting our hearts' desires. May I never forget how you are a God of the impossible and are faithful to take care of my needs. May I live each day expecting your faithfulness, ready to see your power demonstrated through my prayers and in my life. In Jesus' name, Amen!"