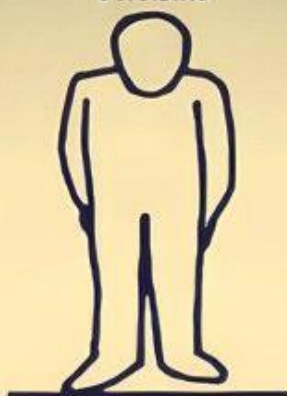


SITTING



1 CHRONICLES 17:16-27

STANDING



NEHEMIAH 9:5, MARK 11:25,
LUKE 18:13

WALKING



2 KINGS 4:35

DIFFERENT WAYS TO PRAY

WITH HANDS UP



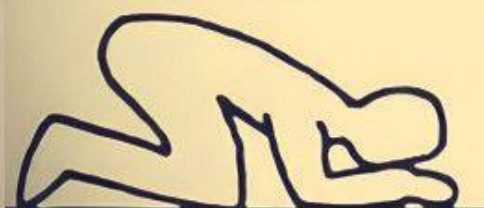
2 CHRONICLES 6:12-13, PSALMS 63:4,
1 TIMOTHY 2:8

KNEELING



1 KINGS 8:54, EZRA 9:5,
LUKE 22:41, ACTS 9:40

BOWING



EXODUS 34:8, NEHEMIAH 8:6,
PSALMS 72:11

PROSTRATE



JOSHUA 7:6, EZRA 10:1, MATTHEW 26:39, MARK 14:35

Prayer

There is no one right way to pray. Throughout the Bible, we see several different types of prayer used. A strong prayer life incorporates various prayer types, which will help you through the many different situations you will face in your life. Here are seven different types of prayers for you to learn and master to take your prayer life to the next level.

1. Adoration

The first of these seven types of prayer is adoration. Adoration is praising God for who He is. God is the Lord of all and deserves our praise because of that alone. Psalm 99:5 encourages us to exalt the Lord because He is holy. Recognizing the Lord's power, mercy, love, and more in your prayer life is good. Check out these three prayers from the Bible as examples of adoration:

Psalm 104:1-4 1 Kings 8:22-24 Nehemiah 9:5b-6

Application

Which of God's characteristics do you admire and adore, and which inspires you the most? Make a list of as many things as possible about who God is, and keep them at hand when you pray. Each time you pray an adoration prayer, pick a few things off your list and tell Him that you adore those things about Him.

2. Lament

The next prayer type is the lament. God wants us to bring our fears, doubts, and despair to Him. In 1 Peter 5:7, we are told to cast all our anxieties on Him. We see countless examples of lament in the Bible, where faithful followers of God wrestled with doubts, difficulty, and even depression. An entire book of the Bible is called Lamentations, after all! Check out these three prayers from the Bible for examples of lament and sorrow and how we can approach God while feeling that way.

Psalm 88:1-7 Lamentations 5:1-5 Psalm 13:2-3

Has your heart been heavy and burdened lately? Do you feel anxious, depressed, angry, or grieved? Know that God's arms are a safe place, and His listening ear is there for you. How can you tailor these laments to fit your current situation, feelings, and needs?

3. Thanksgiving

Thanksgiving is the next type of prayer. Like adoration, thanksgiving is praising God for what He has done. God has done so much for each of us, not the least of which was sending Christ to save us from our sins. When praying, think of God's actions in your life and recognize Him for that by giving thanks. This will also help you build an attitude of gratitude in your daily life. Check out these three prayers from the Bible for examples of thanksgiving.

Daniel 2:20-23 Luke 1:46-55 1 Samuel 2:1-10

Application

When you look back on your day for all the things – big and small – that God has done, you may be surprised! There are so many things that He does that we are unaware of. Sometimes the things we are thankful for create an overwhelming list! It may be helpful to write down your list of things you are grateful for in a journal or try this fun activity:

Take a jar, box, or other container and decorate it any way you would like. Next, write down on scraps of paper things you are thankful for, fold them up, and add to the jar. Be sure to add one

thing a day, minimum. Then, when you are praying, pull out a few paper scraps and thank God for those things. Let Him know you see and appreciate His hand moving in your life.

4. Petition

The fourth type of prayer is petition. Petition is what many people imagine when they think about prayer. It means asking God for something, whether for yourself or someone else. And God certainly wants us to do this! Philippians 4:6 tells us to let our requests be known to God. But prayer is not just about asking God to do things for us – it's just one of the many ways that He wants us to communicate with Him. Check out these three prayers from the Bible for examples of petition.

Ephesians 3:14-21 1 Timothy 2:1-4 Genesis 18:22-32

Application

In Mark 10:51, Jesus asked a blind man, "What do you want me to do for you?" God knows our every need and the desire of our hearts, yet He wants us to have a conversation with Him and ask Him for those needs. What needs and desires do you have that you can ask Him for today? Come to Him with a thankful heart, and write down what you've asked Him for after you've prayed. When you receive an answer to that prayer (whether it is yes, no, or wait), write it down. You'll be amazed when you look back at how Jesus comes alongside you and answers you.

5. Deliverance

The next prayer type is deliverance. Prayers of deliverance are similar to prayers of petition. They are requests made to God to save us or others from challenging or dangerous situations. But they also acknowledge that we can do nothing apart from God and that He has the power to save. These prayers are all over the Bible – especially in King David's Psalms. Check out these three prayers from the Bible for examples of prayers for deliverance.

Psalms 3 Luke 22:39-42 Jonah 2

Application

Think back to a time when you were in a dangerous or difficult situation and needed help. Did you cry out to God for help? How did He answer? Are you in a situation now that feels hopeless unless He intervenes? Are there things in your life from which you need to find freedom? Struggles you have from which you need deliverance? Ask Him for what you need and set it before His feet. Trust that He will help you and ask Him to speak to you.

6. Contrition

The sixth type of prayer is contrition. Contrition is the feeling of remorse and the desire to repent of sin. You are probably familiar with prayers like this, which ask God for forgiveness for things we have done. They are essential prayers that allow us to confess our wrongdoing and reconnect with our forgiving Heavenly Father. Psalm 51 tells us that when we mess up, God desires "a broken and contrite heart" from us. Check out these three prayers from the Bible for examples of prayers of contrition or asking for forgiveness.

Psalms 51:1-4 Luke 18:9-14 Psalm 32:1-5

Application

It's often difficult to admit that we have made mistakes or sinned. God already knows every nuance of you, your day, and what you have thought or done. When you bring those things to Him, He offers you forgiveness and freedom from them. Take a few moments to think through

your day and week. Are there things for which you need to ask forgiveness? Are there unresolved things from your past that you want God to forgive?

7. Guidance

The last of the types of prayer that we will cover are prayers for guidance. Similar to prayers for deliverance, these conversations with God allow us to acknowledge God's sovereignty. We can express that He knows best and that we trust him to direct our lives when we ask Him for guidance. Proverbs 3:5-6 tells us that we should not lean on our own understanding, but instead trust in the Lord with all our heart. Check out these three prayers from the Bible for examples of prayers for guidance.

1 Kings 3:4-9 Psalm 25:4-5 Jeremiah 10:23-24

Application

God sent His Holy Spirit to live in your heart when you asked Jesus into your life. He promises that if we ask for wisdom and guidance, He will give it generously (James 1:5). Where do you need guidance in your life today? Ask the Holy Spirit to speak to you, give you the knowledge and wisdom you need, and provide you with direction. You can create a fun visual of the directions God gives you by creating a map. Start where you are and draw a path where His Spirit leads you as He guides you. Drawing a map can be a fun way to detail the journey and a way to look back on how He navigates you through life's twists and turns.

The Lord's Prayer

Remember, a strong prayer life will regularly incorporate these seven different types of prayer in your conversations with God. For an example of this, look no further than Jesus' prayer in Luke 11:1-4, commonly referred to as the Lord's Prayer:

"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.' And he said to them, 'When you pray, say: 'Father, hallowed be your name. Your kingdom come. Give us each day our daily bread, and forgive us our sins, for we ourselves forgive everyone who is indebted to us. And lead us not into temptation.'"

Can you identify the different types of prayer included in that single prayer?

Hopefully, by identifying these different types of prayer, you will be able to strengthen your prayer life!

Your Turn!

Hopefully, by identifying these different types of prayer and putting them into your own words, you will be able to strengthen your prayer life! Take the time to work on each kind of prayer and go through the application activities to help you deepen your time speaking to the Lord.

Remember that a strong, healthy prayer life requires a conversation with the One who loves you the most. Take the time to speak to the Lord every day, as often as possible, and watch your relationship with Jesus grow!

How did we learn how to pray?

For a brief moment let us all reflect on how did we learn to pray. With our free church, non-conformist heritage we have a strong emphasis on extemporary prayer – almost to the extent of snobbery.

In our O T reading Solomon had just led the dedication of the Temple with a prayer of praise, adoration, petition and reverence, our reading is Gods' response and it starts with that important phrase 'I have heard you' (repeat). With all our long prayers, words and phrases as believers, can we not realise again that each of us has been heard by our God, our Jesus, our Holy Spirit, as was Solomon. I wonder how people remembered Solomon's prayer, which bits spoke to them, which bits helped them talk to God.

Being heard give us a responsibility, not to control us but help us in the life of prayer. We recognise that there are emergency times when we pray in panic, in desperation and in dire need – but we should also seek to cultivate and maintain our prayer life.

Think back to where you first observed prayers being said, was it at home, at school, at church, public occasions (e.g. like Fridays V.J. anniversary) and we copied. The same way we first learn how to talk by imitating/copying. Of course, that does mean we can pick up bad habits – we recall small children repeat words we wish they did not hear.

We also learn through touch, movement, discussion – of course we will all have our favourites.

Thinking about touch and using objects to aid prayer. The Necker and uniformed organisations, it brings back memories of people, special occasions and an important mission field. The tea-pot that reminds me of sharing with other and who will I share with this week, as I pour out the tea what kind of love, companionship faith am I pouring out this week and the ministry of the coffee pot. The family pictures, that remind us of lives gone by and to pray for all the good that was there. Also to pray for lives now and God's presence in those lives. As we touch these objects we send up prayers.

Thinking about movement or position. We have the stable ones of standing and sitting. There are a few other positions, as on the Power point, some of which have become more difficult as joints dictate. We can use these positions according to the type of prayer, the emotions involved e.g, arms out searched with palms up to show adoration or to show I come with nothing to bring but myself. Traditionally we have heads bowed before the Almighty, but when we lament are not our heads/faces looking up. We have the lovely Lee valley to walk through and as we observe our surroundings be prompted to pray, to feel the creative presence of our God. I want to encourage people to experiment in how we use posture and movement.

There are many books of prayers that we can use. There is the Lord's prayer and others we may recognise. In the same way we can use scripture, Philippians, psalm 23 and others.

We can use them in their entirety or as kick points, all are legitimate.

At the beginning I asked how did you learn to pray because I want us to realise there is a great richness in prayer and praying. I want to encourage all of us to experiment, to refresh; so that our spiritual lives and revitalised to the glory of God.

Two extra bits, it is planned that on September 11, 12 13 the church fellowship is asked to join in prayer from 8 – 8, more details to follow.

Also, there is an online day of prayer for our Baptist movement on September 25th, link below.

Let's take our prayer life as individuals, couples, families and as a fellowship serious. This is our calling.

https://www.baptist.org.uk/Articles/720878/Fresh_Streams_calls.aspx

Fresh Streams calls Baptists Together to a day of prayer and fasting

Fresh Streams is inviting Baptist churches, ministers, and individuals across the UK to unite in a dedicated day of prayer and fasting on Thursday, 25 September 2025



A Call to Prayer

On this day, we are encouraged to:

- Pray for mission – that many would encounter Jesus and surrender their lives to follow Him.
- Pray for God's Kingdom to come – as we seek to be salt and light in our communities.
- Pray for the Body of Christ – to rise up in boldness, witnessing daily and sharing the hope we have in Jesus.

Themes for the day

Our focus will include:

- The [Everyone Everywhere](#) initiative – Seeking God's heart for evangelism and discipleship across the UK and beyond.
- [The Quiet Revival](#) - Romans 13:11 *"The hour has come for you to wake from your slumber, because our salvation is nearer now than when we first believed."*

Join online

We invite everyone to gather online at three key times:

- 9:00am – National Focus (1 hour) - Led by the Fresh Streams Leadership Team. [Zoom Link here](#)
- 12:00 PM – Regional Focus (30 minutes) - Hosted by your local Baptist Association or local Fresh Streams leaders. Associations are encouraged to provide their own Zoom link for this session.
- 4:00 PM – National Focus (30 minutes) - Led by the Fresh Streams Leadership Team. [Zoom link here](#)

Andy Glover, from the Fresh Streams leadership team, says, 'We encourage churches and individuals to engage in prayer and fasting throughout the day—whether by joining these gatherings or through personal and local initiatives.

'Together, let's seek God for a fresh move of His Spirit in our churches and communities.'

For more information, contact Hazel at prayer@freshstreams.net