



Next Steps - Foundations



CONNECT WITH GOD

develop a life of prayer

www.c3churchgoulburn.com

Welcome

Welcome to [Next Steps - Walking the Discipleship Pathway](#).

We are so glad you are here. Whether you have just made a decision to follow Jesus, or you have been a Christian for a while and want to grow deeper in your faith, this pathway has been designed with you in mind.

At C3 Church Goulburn, we believe that following Jesus is the greatest adventure life has to offer.

Yours in Christ
Ps Ken & Fiona Hayward & the team

How to Use This Booklet

This booklet is yours to work through at your own pace. There is no rush.

You can:

- Read through it on your own and reflect personally.
- Work through it with a leader or mentor.
- Do a bit of both — read ahead, then chat it through

Each section includes some teaching, key bible passages to look up, reflection questions and space to journal your thoughts.

Don't skip the writing spaces — sometimes the most important discoveries happen when we put pen to paper.

When you have finished this booklet, speak with a leader about your next step.

What is Prayer?

When it comes to healthy relationships, two key factors are communication and spending time together. In your relationship with God, this is also true, and prayer is an important part of that.

Prayer is the intentional discipline of communicating and connecting with God and can be practiced individually, with someone else, and even in a group. While prayer is often known as the spoken portion in a conversation with God, this is only one aspect of prayer. Listening to God is also an important part of connecting with God through prayer.

Prayer can take many forms:

- Adoration — worshipping God for who He is
- Confession — being honest about where we've fallen short
- Thanksgiving — expressing gratitude for what He has done
- Supplication — bringing our needs and requests to Him
- Intercession — praying on behalf of others
- Listening — being still and open to hear His voice

1 John 5:14

"This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us."



Read Romans 8:34

† What does this verse tell us about Jesus' own prayer life — and what does it mean to know He is interceding for you right now?

Why is Prayer Important?

Prayer is important because it is a primary way to connect with God. Through prayer, you get to have a conversation with the Almighty God who is both the Creator of all things and the One who cares deeply about you and the concerns of your heart.

While we don't always see the answers and results of our prayers in the time or the way that we may have hoped for, Jesus shared with His disciples that when they pray in alignment with God's heart and in His name, He will always answer those prayers.



Read John 14:13-14

† *What does Jesus promise about prayers offered in His name, and what is the purpose of that promise?*

Prayer is a Weapon

Prayer is also important because it is a weapon against our enemy. The apostle Paul mentions prayer as he talks about the armour of God and the invisible battle facing those who follow Christ.



Read Ephesians 6:12 & 18

† *What does Paul say we are actually wrestling against, and what role does prayer play in that battle?*

One of the most powerful ways to pray is to pray scripture itself. What better way to align with God's heart than to pray the truth found in His own Word! When we pray scripture we are praying in perfect alignment with God's will — and we can be confident that He hears and answers those prayers.

Learning From the Bible

The Bible has a great deal to say about prayer — what it is, how to do it, and what it means for our relationship with God. Let's explore what scripture teaches us:

Prayer is Calling on the Name of the Lord

Calling on the name of the Lord signifies our surrender to His Lordship and acknowledges our dependence upon Him. It is an act of humility — recognising that we need Him and that He is able to help.



Read Psalm 18:6

† *What happened when David called on the Lord in his distress?*

Prayer is Where God Reveals Himself to You

Prayer is not just us speaking to God — it is God speaking to us. As we quiet ourselves and listen, prayer becomes a vehicle through which we grow in our knowledge and understanding of God.



Read Jeremiah 33:3

† *What does God promise to those who call on Him?*

- Prayer is a place of complete honesty and vulnerability — You never need to pretend with God that everything is just fine when it is not. He encourages you to speak from the heart. (Psalm 142:1-2)
- Prayer isn't about perfection or performance — We do not need to feel pressure to say the right religious words or always have our lives in order. Each day find a quiet place, just you and your Father, away from other distractions. (Matthew 6:6)

In Prayer, You Can Talk with God as Your Father

Now that you are a Christian you have become part of the family of God. You have received adoption and as His child you can know God as your loving Father. This is not a formal, distant relationship — it is intimate, warm and personal. This is how Jesus taught His disciples to address God.



Read John 1:12 & Romans 8:15

† *What do these verses tell us about our relationship with God as His children?*

Praying for Others - Intercession

Praying for others is called intercession and involves asking God to intervene in their lives. Praying that God's will be done in the lives of our family and friends, our church community and the wider community is one of the great privileges of prayer.



Read 1 Timothy 2:1

† *Who does Paul say we should pray for?*

The Incredible News — You Are Not Praying Alone

One of the most comforting and encouraging truths in all of scripture is this — when you pray, you are never alone. You have two incredible prayer partners interceding alongside you:

Jesus is praying for you — Right now, at the right hand of the Father, Jesus is making intercession for you personally. (Romans 8:34)

The Holy Spirit prays for you — especially during those times when you are not sure how to express yourself or find the words to pray. (Romans 8:26-27)

How To Pray - The Lord's Prayer

One day Jesus' disciples came to Him with a simple but profound request:

Luke 11:1

"Lord, teach us to pray."

His response was to give them — and us — the most famous prayer in human history. Simple enough to be memorised by a small child, yet profound enough to sustain a whole lifetime of prayer:

Matthew 6:9-13

"Our Father in heaven, hallowed be Your name. Your kingdom come. Your will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen."

More than Words

The Lord's Prayer is not just a prayer to be recited — it is a framework for all of our praying. Jesus was not giving us a formula to repeat but a structure to follow — a shape for our conversations with God that covers every dimension of the prayer life.

† Can you identify the different elements of prayer within the Lord's Prayer — adoration, petition, confession, surrender? Write them down:

A Framework For Life

From the Lord's Prayer we have drawn a simple but powerful framework for daily prayer — four movements that flow naturally from Jesus' own words:

- **P** — Pause
- **R** — Rejoice
- **A** — Ask
- **Y** — Yield

The Pray Framework

P — Pause

[Psalm 36:10](#) To start we must stop. To move forward we must pause. Put down your wish list and wait. Sit quietly. Become fully present so that your scattered thoughts can recentre themselves on God's eternal presence. Stillness and silence are themselves important forms of prayer — they prepare your mind and prime your heart to pray from a place of greater peace and faith.

R — Rejoice

[Matthew 6:9](#)

Having paused to be still, the most natural response to God's presence is adoration and worship. Hallow His name — declare who He is, thank Him for what He has done, rejoice in His goodness. Try not to skip this step. Linger in worship before bringing our requests transforms the atmosphere of our prayer time.

A — Ask

[Matthew 6:11](#)

At its simplest, prayer means asking God for help. The Lord's Prayer invites us to ask God for everything — from our daily practical needs to the coming of His Kingdom. Bring your own needs to Him (petition) and bring the needs of others (intercession). Nothing is too big or too small to bring to your Father.

Y — Yield

[Matthew 6:12-13](#)

The final movement of prayer is surrender. We yield to God's grace through confessing our sins and forgiving others. We yield to His power in spiritual warfare, asking for His protection. It is by surrendering to God that we overcome — by emptying ourselves that we are filled — and by yielding our lives in prayer that our lives themselves become a prayer.

Developing A Prayer Life

Understanding prayer is one thing — developing a consistent prayer life is another. Like any relationship, our connection with God deepens through regular, intentional time together. Here are some practical steps to help you build a rhythm of daily prayer:

Choose A Time

The most important prayer time is the one you actually keep. Whether you are a morning person or a night owl — find a time that works for you and protect it. Many people find that starting the day in prayer sets the tone for everything that follows:

Psalm 5:3

"In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly."

† *What time of day would work best for your daily prayer time? Write it down as a commitment:*

Choose A Place

Jesus said to find a quiet place — away from distractions — where you can be alone with your Father. Having a dedicated prayer space, however simple, helps signal to your mind and heart that it is time to be with God.



Read Matthew 6:6

† *Where is a place you could set aside for daily prayer — away from distractions?*

Start Small and Build

Don't feel pressure to pray for hours when you are just beginning. Start with five or ten minutes using the PRAY framework — Pause, Rejoice, Ask, Yield. As your prayer life grows, so will your capacity and hunger for more time with God.

Use Tools to Help You

- A prayer journal — write down your prayers and God's answers
- A prayer list — keep track of people and situations to pray for
- Praying scripture — use the Psalms or other passages as a guide
- Worship music — use music to help you enter into God's presence

Be Patient With Yourself

Prayer is a habit that develops over time. There will be days when it flows easily and days when it feels dry or difficult. Both are normal. What matters is showing up consistently — trusting that God meets us even in the ordinary, faithful moments of daily prayer.



Read 1 Thessalonians 5:17

† *What is your biggest challenge in developing a consistent prayer life?
What is one practical step you can take to overcome it?*

Reflect and Respond

Take some time to work through these questions honestly. There are no right or wrong answers — this is between you and God.

1. Read Exodus 9:29, 2 Samuel 12:16 and Daniel 6:10 Do these examples from scripture suggest that we have to kneel, bow our heads and close our eyes when we pray? What do they tell us about how we can use our bodies in prayer?

2. Read 1 Corinthians 1:2, 2 Corinthians 12:8 and Revelation 22:20. What do these verses tell us about what we can call God when we pray?

3. Read Matthew 6:7-8. How long should we pray, and does the length of our prayer matter to God?

4. Read Romans 7:15. What are some of the challenges or barriers you might face in developing your prayer life? How might this verse help you respond to those challenges with grace rather than guilt?

5. Read Matthew 6:6. Where is a place you can set aside for your daily prayer — a quiet place where you can close the door and be away from all other distractions? Write it down as a commitment:

What's Next?

Developing a prayer life is one of the most rewarding and transformative journeys a Christian can take. It won't always be easy — but it will always be worth it. Here is what we encourage you to do now:

1

Start Today

Don't wait for the perfect moment or the perfect words. Open your mouth, turn your heart toward God, and begin. He is already waiting for you.

2

Use the PRAY Framework

Each day work through the four movements of prayer — Pause, Rejoice, Ask, Yield. Start with just five or ten minutes and let it grow naturally from there.

3

Get a Prayer Journal

Write down your prayers and watch how God answers them over time. A prayer journal is one of the most faith-building tools a Christian can have — nothing strengthens faith like looking back and seeing God's faithfulness recorded on the page.

4

Pray With Others

Find someone to pray with regularly — a friend, a small group, or a church community. There is something powerful that happens when believers pray together.

1 Thessalonians 5:17-18

"Pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

Notes

Continue Your Journey

Scan the QR code to explore more **Next Steps** resources online



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