

THE GREENHOUSE ASSEMBLY MINISTRIES

A LIFE OF PRAYER

Seven days of Scripture-shaped attention, honest communion and intercession that enters ordinary life.

SCRIPTURE / REFLECTION / PRACTICE / CONVERSATION

WELCOME

How to use this guide

Prayer is not a performance and it is not only a last resort. It is a returning: fear, desire, gratitude, decisions and relationships are brought back under the care of God. Give each day fifteen to twenty unhurried minutes. Read the Scripture aloud, stay with one question and keep the practice small enough to carry honestly.

A steady rhythm

Read the passages in your preferred Bible translation. Notice what they reveal about God, people and faithful response. Read the teaching slowly. Journal or discuss the questions without rushing for a polished answer. Finally, take the weekly practice into real life and return to share what you noticed.

A note on care

These guides are designed for formation, not for bypassing pain, complexity or the need for responsible care. If a session raises significant personal, relational or safeguarding concerns, bring them to an appropriate pastoral, professional or emergency support route.

Contents

DAY 01 Arrive - Prayer begins with the God who is already present

DAY 02 Listen - Attention shaped by Scripture and humility

DAY 03 Ask - Petition that reorders desire

DAY 04 Confess - Truthful return without hiding or despair

DAY 05 Give thanks - Attention trained to recognise grace

DAY 06 Intercede - Love that carries people and places before God

DAY 07 Remain - A rule of life that makes communion durable

SESSION DAY 01

Arrive

Prayer begins with the God who is already present

READ

Psalm 46; Matthew 11:28-30

TEACHING

Prayer begins by becoming present to the God who is already present. We do not bring a polished version of ourselves. We bring the life we actually have: noise, gratitude, fatigue, confusion and need. Honest arrival is the first act of trust.

REFLECT OR DISCUSS

1. What noise are you carrying into prayer?
2. What would it mean to stop performing competence before God?
3. What burden are you being invited to name rather than manage alone?

PRACTISE THIS WEEK

Sit in silence for three minutes. Name what is present without trying to solve it. End with: God, I arrive as I am.

SESSION DAY 02

Listen

Attention shaped by Scripture and humility

READ

1 Samuel 3:1-10; John 10:1-5

TEACHING

Listening is not passivity. It is trained attention shaped by Scripture, humility and a willingness to obey what is good. We learn to distinguish God's voice not by chasing novelty, but by returning to the character of Christ, the witness of Scripture and wise community.

REFLECT OR DISCUSS

1. What competes most strongly for your attention?
2. How can Scripture test what you think you hear?
3. Where do you need to listen before you react or decide?

PRACTISE THIS WEEK

Read one short passage aloud twice. Write down one phrase that calls you toward faithfulness, then carry that phrase through the day.

SESSION DAY 03

Ask

Petition that reorders desire

READ

Matthew 6:5-13; Philippians 4:4-7

TEACHING

Jesus teaches prayer that is direct about need while remaining rooted in God's name, Kingdom and will. Petition is not a way to control outcomes. It is a way to bring desire into relationship with the Father, who knows what is needed and teaches us to receive with trust.

REFLECT OR DISCUSS

1. Which request in the Lord's Prayer do you avoid?
2. What need can you name plainly today?
3. How might surrender change the way you ask?

PRACTISE THIS WEEK

Write five simple requests. Leave space beneath each one to record not only what happens, but how your perspective is being formed.

SESSION DAY 04

Confess

Truthful return without hiding or despair

READ

Psalm 51:1-12; 1 John 1:5-9

TEACHING

Confession refuses both hiding and self-condemnation. It tells the truth in the presence of mercy. Because God meets us in Christ, we can name what has been distorted without defending ourselves or losing hope that repair is possible.

REFLECT OR DISCUSS

1. What are you tempted to minimise?
2. What repair may need to follow your confession?
3. What helps you distinguish remorse from a willingness to change?

PRACTISE THIS WEEK

Name one specific failure without excuse. Identify one practical movement of repair: an apology, a boundary, a conversation or a changed pattern.

SESSION DAY 05

Give thanks

Attention trained to recognise grace

READ

Psalm 103:1-5; Luke 17:11-19

TEACHING

Gratitude trains attention to recognise gift, sustaining mercy and ordinary goodness. It does not deny grief or complexity. It keeps grief from becoming the only story we can see, and it returns what we have received to worship rather than entitlement.

REFLECT OR DISCUSS

1. Which ordinary gift have you stopped noticing?
2. How can gratitude coexist with lament?
3. Who has carried good into your life without being recognised?

PRACTISE THIS WEEK

Record ten concrete gifts from the last twenty-four hours. Thank one person directly and specifically.

SESSION DAY 06

Intercede

Love that carries people and places before God

READ

1 Timothy 2:1-6; Ephesians 3:14-21

TEACHING

Intercession expands prayer beyond private concerns. We learn to carry people, communities and public places before God with patience rather than anxiety. This is not a way to avoid action. It is a way to let action grow from a deeper love and a wider hope.

REFLECT OR DISCUSS

1. Who is easy for you to forget?
2. Which public concern needs sustained rather than reactive prayer?
3. How can prayer make your care more practical?

PRACTISE THIS WEEK

Pray through five circles: household, community, leaders, those under pressure and the Church. Choose one circle for sustained prayer this month.

SESSION DAY 07

Remain

A rule of life that makes communion durable

READ

John 15:1-11; Colossians 4:2-6

TEACHING

A life of prayer is built through return. Faithfulness grows through small rhythms that connect communion to speech, work and relationships. The aim is not intensity for its own sake. It is a life that can turn toward God before reacting, deciding or withdrawing.

REFLECT OR DISCUSS

1. Which practice from this week is truly sustainable?
2. What time and place will help you return?
3. Who can help you review your rhythm with wisdom?

PRACTISE THIS WEEK

Design one daily moment, one weekly longer space and one shared prayer practice. Keep each one simple, clear and reviewable for thirty days.

CONTINUE THE JOURNEY

A thirty-day response

Choose one daily practice, one weekly practice and one relationship in which you will make room for truth, prayer and accountable growth. Keep the rule modest enough to be honest. Review it after thirty days with a trusted person, and adjust it in the direction of greater love, clarity and faithfulness.

Closing prayer

Lord Jesus, centre us in Your life. Give us patient attention to Your word, courage to name what is true and grace to practise the next faithful step. Form us into people whose love becomes useful in homes, work, communities and every place entrusted to us. Amen.

THE GREENHOUSE ASSEMBLY / KNOW. BECOME. BELONG. SERVE. INFLUENCE.