

# TRACE STUDENTS PRAYER & REFLECTION RESOURCE



# WHY PRAY?

- Prayer is about **building a real relationship with God**, it's not a performance, but conversation.
- It's both speaking (our fears, needs, hopes) and listening, **making space for God to speak into our lives.**
- **Prayer aligns our hearts with God's mission.** Prayer is a core way to "realign our hearts" with what God is doing.
- **Prayer is a tool for revival:** genuine spiritual renewal begins when individuals pray, repent, and invite God into their inner lives.
- **Honest prayer** recognizes we're "messy people," but God meets us in the mess.

# PRAYER METHODS

- 1 CONFESSION: ADMIT SIN, BE HONEST.
- 2 PETITION: BRING YOUR PERSONAL NEEDS TO GOD.
- 3 INTERCESSION: PRAY FOR OTHERS (FRIENDS, CAMPUS, FAMILY).
- 4 THANKSGIVING: THANK GOD FOR HIS PROVISION AND PRESENCE.
- 5 PRAISE: HONOR GOD FOR WHO HE IS.

# PRAYER METHODS

P

PAUSE - STOP, QUIET DOWN, FOCUS ON GOD

R

REJOICE - WORSHIP AND PRAISE GOD FOR WHO HE IS

A

ASK - BRING YOUR NEEDS AND THE NEEDS OF OTHERS BEFORE GOD

Y

YIELD - SURRENDER TO WHAT GOD WANTS TO DO; ASK FOR HIS WILL, NOT JUST YOURS

# WAYS TO PRAY

- Praying with the Bible — take a passage, read it, then pray through it.
- Praying through the Bible — pick a book or set of chapters; go through them prayerfully.
- Presence Practice — practice being aware of God's presence.
- Listening Prayer — spend time in silence, listening for God.
- Lament — bring hurts or sadness honestly before God.
- The Examen — reflect on your day: where you saw God, where you missed Him, and ask for insight and renewal.



# MAKE PRAYER PRACTICAL

## **Daily Practices:**

- Morning: Ask God to guide your day.
- Evening: Reflect on the day; notice answered prayers or lessons learned.
- Prayer Journal: Write your prayers, questions, and reflections.
- Prayer Walks: Walk around your school, neighborhood, or home, praying for people and places.

## **Monthly Practices:**

- Fasting + Prayer: Set aside a meal or snack and focus on God.
- Solitude: Spend uninterrupted time with God.
- Group Prayer: Meet with friends or life group to pray together.

# BUILDING PRAYER AS A SPIRITUAL DISCIPLINE

**Pick a time and method –**  
morning, night, or breaks at  
school.

**Start small – 5–10 minutes is**  
enough.

**Use reminders –** sticky notes,  
phone alarms, or a prayer  
journal.

**Pair up –** have a prayer partner  
or small group for  
accountability.

# TIPS FOR PRAYER

- **Revival starts in us** – When students pray and surrender, it creates change in hearts and community.
- **Be honest** – God wants raw, real conversations, not perfection.
- **Community matters** - Praying together strengthens faith and builds support.
- **Consistency beats intensity** - Even short, daily prayers are more powerful than occasional long sessions.