



KINDLING PRAYERS

We often don't know how to pray or what to pray for.

While we might know the basics, many of us lack a vocabulary for prayer. As a result, we end up stuck and prayer-less. In this resource, you'll find language and a framework to guide you as you pray. These are called *Kindling Prayers* as they are meant to spark a fire of worship and prayer from our hearts based on the truths of who God is. Some days you'll only be able to pray the words from the Kindling. Other days, you'll find yourself swept up by the words and led into prayers that flow from your heart to God. Remember, there is no right or wrong way to pray—we must simply pray. And that takes practice. The Kindling Prayer is a resource adapted with permission from practices by *Companions of the Cross* and it helps us by creating a framework and providing a vocabulary to pray.

“Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.”

Psalm 100:4

HOW TO PRAY A KINDLING PRAYER



1. Follow steps 1-8 to begin crafting your Kindling Prayer. Using the extra space on pages 6-7, write out the words and pray into them.
2. As you go through each step, notice why you resonate with certain words or characteristics and write these thoughts down.
3. Once you've finished writing out your prayer, go to page 8 to close your time of prayer with the *priestly blessing* and *final benediction*.

If doing the Kindling Prayer with a partner or group:

- Take turns sharing your prayers. After each prayer is shared, take turns blessing one another with the *priestly blessing*. (page 8)
- Take some time to ask one another why certain attributes and words stood out as you wrote the Kindling Prayer. (page 8)
- Have one person end with *final benediction*. (page 8)

1

TITLES OF JESUS

We start with the epithets of Jesus to bring attention to the One our hearts cry out to.

BEGIN THE PRAYER WITH ONE OF THE FOLLOWING:

Blessed are you Jesus...

You are...

I love you...

Glory to you...

CHOOSE 1 TO 3 TITLES OF JESUS THAT YOU WANT TO PROCLAIM OR NEED

The Bread of Life

The Light of the World

The Door

The Good Shepherd

The Resurrection and the Life

The Way, Truth, and the Life

The True Vine

Christ the King

Redeemer King

Deliverer

Fortress

Son of God

Christ our Savior

Healer

Most High

King of the Universe

Prince of Peace

King of Kings

Name above all names

Lion of Judah

Lamb Who was Slain

Beloved

Living Water

Living Word

Word made Flesh

Promise of the Father

My Life and my Love

Font of all holiness

Lord of All

Lord of Lords

Messiah

Alpha and Omega

Bridegroom of Your Church

Wonderful Counsellor

Great "I AM"

Great High Priest

Holy One of Israel

2

ATTRIBUTES OF GOD

We continue with the characteristics and attributes of God. This helps to shape our prayers to adore and magnify who He is.

CHOOSE 1 TO 3 ATTRIBUTES OF GOD FOLLOWING "YOU ARE..."

A Just Judge	Loving
Awesome	Merciful
Beautiful	Mighty
Faithful and Just	Tender-Hearted
Forgiving	True
Glorious	True to Your word
Good	Steadfast
Holy	

3

ATTRIBUTES OF GOD IN RELATION TO US

We continue with the attributes of God that relate to us personally.

CHOOSE 1 TO 3 ATTRIBUTES OF GOD YOU WANT TO CALL UPON FOR YOURSELF OR THE COMMUNITY YOU BELONG TO. "YOU ARE MY/OUR..."

Rock	Righteousness
Song	Provider
Glory	Strength
Strength	Joy
Justification	God and my All
Defense	Father
Refuge	Sanctification
Portion & Cup	Salvation
Hiding Place	Christ our Savior
Treasure	

4

OUR IDENTITY & CONFIDENCE

Next, remember and recall the truths of what He has established for you personally.

CHOOSE 1 TO 3 TRUTHS ABOUT OUR IDENTITY IN CHRIST THAT YOU NEED TO REMEMBER OR PROCLAIM AGAIN TODAY. "IN YOU, I AM..."

Blessed
Adopted
Chosen
Redeemed

Forgiven
A Son/Daughter (An Inheritor)
Sealed with the Holy Spirit

5

INTERCESSION & PETITIONS

We now enter intercession and begin to ask God for His help. What is heavy on your heart? Who do you want to pray for?

6

WHAT CHRIST HAS DONE FOR US

We continue with specific truths to remind ourselves of what Jesus has done on our behalf.

CHOOSE 1 TO 3 ACTS OF THE LORD YOU WANT TO CLAIM, PROCLAIM, OR REMIND YOURSELF OF.

By Your Cross and Resurrection You have set us free
 Your word is a lamp for my feet and a light for my path
 You have conquered sin and death
 You have won the victory
 By Your blood I have been redeemed
 You are the light that shines in the darkness
 You are the long-awaited Savior of the world
 You are the First-Born from the dead
 You are seated at the right hand of the Father

Your kingdom lasts from age to age
 There is no other God but You
 By Your stripes I am healed
 You have broken the chains that bound me
 You have set the captives free
 You have put a new song into my heart
 You have called me by name and I am Yours
 You have been my stronghold against the enemy
 You are the Way, the Truth, and the Life

7

OUR DISPOSITION TOWARD GOD

Next, we choose phrases that demonstrate the posture we have before Him.

CHOOSE 1 TO 3 POSTURES YOU WANT TO USE TO ADORE THE LORD.

I praise You	I hope in You
I adore You	I glorify You
I seek You	I worship You
I bow before You	I magnify You
I acclaim You	I trust in You
I bless You	I long for You
I love You	I thirst for You
I desire You	I exalt You

8

MOVEMENTS OF PRAISE

You can choose several or go through all of the movements of praise. We close with a posture of worship to remember that as we pray, God is moving. He is worthy of our praise.

CHOOSE 1 TO 3 PRAISES AND END WITH AMEN.

All creation worships You
Blessed be Your Name
Bless the Lord, O my soul
Worthy is the Lamb, Who was slain

Holy, holy, holy is the Lord God Almighty
Alleluia to the Lamb Who sits upon the Throne
Come Holy Spirit, fill us up

kindling prayer

Now, gather all the proponents of the prayer (Steps 1-8) and write out the full prayer. Pray into the words you've chosen.

CLOSE YOUR PRAYER WITH THE PRIESTLY BLESSING

“THE LORD BLESS YOU AND KEEP YOU;
THE LORD MAKE HIS FACE SHINE ON YOU
AND BE GRACIOUS TO YOU;
THE LORD TURN HIS FACE TOWARD YOU
AND GIVE YOU PEACE.”

Numbers 6:22-26

QUESTIONS TO ASK IF PRAYING WITH A PARTNER

1. Can you share more about why you chose that attribute of God? (Step 2)
 2. What has been burdening your heart these days? (Step 5)
 3. What stood out to you among the truths and acts of God done on your behalf? (Step 6)
 4. Why did you need to pray the prayer you shared?
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AFTER PRAYER, CLOSE WITH FINAL BENEDICTION

"NOW MAY THE GOD OF PEACE, WHO THROUGH THE BLOOD OF THE ETERNAL COVENANT BROUGHT BACK FROM THE DEAD OUR LORD JESUS, THAT GREAT SHEPHERD OF THE SHEEP, EQUIP YOU WITH EVERYTHING GOOD FOR DOING HIS WILL, AND MAY HE WORK IN US WHAT IS PLEASING TO HIM, THROUGH JESUS CHRIST, TO WHOM BE GLORY FOR EVER AND EVER. AMEN."

Hebrews 13:20-21