



ALLI PATTERSON

“I STINK AT
Prayer.”

5 FRESH WAYS TO
CONNECT WITH GOD

WELCOME

I rarely meet anyone who thinks they pray "right."
They worry they're not saying the magic words,
especially when they're not hearing answers.
They think they're not praying long enough or intense enough,
praying too formal or too casual or too loud or too timid.
Everyone seems to think they stink at prayer.

The first thing you should stop and do right now is PRAY for a better PRAYER LIFE!
God loves that prayer. And he will answer it.
There are endless ways to pray and all have such wonderful benefits.
There is no one right way, but some fresh ideas sure do invigorate someone's prayer life.
I hope these ideas do that for you!

You don't stink at prayer.

God hears every word.

God loves every word.

God even hears the prayers you don't know how to pray: the ones sitting in your heart or
heard only in your tears or your sigh or your laughter.

Prayer is our privilege in Christ and the ongoing connection that was won for us by Jesus
on the cross. Keep going! Keep connecting! God would love to inspire more prayer in your
life and so would I.

XO!

Alli

PRAY a PSALM

in your own words

01

*The Lord is my shepherd,
I lack nothing.*

*2 He makes me lie down in green
pastures,*

he leads me beside quiet waters,

3 he refreshes my soul.

*He guides me along the right paths
for his name's sake.*

*4 Even though I walk
through the darkest valley,*

I will fear no evil,

*for you are with me;
your rod and your staff,
they comfort me.*

*5 You prepare a table before me
in the presence of my enemies.*

*You anoint my head with oil;
my cup overflows.*

*6 Surely your goodness and love will
follow me*

all the days of my life,

*and I will dwell in the house of the Lord
forever.*

- Make it personal

- Name the emotions

- Rephrase ideas

- Use synonyms

- Capture the essence

- Take the time to learn about anything you don't understand

*The Lord is my caretaker, I will always
have what I need.*

He makes me rest.

He leads me to refreshment.

*He gives me the guidance I need to bring
glory to His name.*

*Even when I go through times of
confusion, darkness and uncertainty, I
will not give in to my fears,
for He is there, protecting me.*

*I feel better when I remember that he can
always pull me out.*

*You give me goodness right in front of
people who want the worst for me.
I'm favored and special.*

I have everything I need and more.

*I can be confident that, no matter where
I go or what I do, I can't get away from
your grace and mercy.*

And I will spend eternity with you.

1-BREATH

prayers

Say the 1st [phrase as you breathe in
and hear God speak to you.
Say the 2nd phrase as you breathe out.

02

"I am with you.
Rest."

"Stop.
Come to me."

"Ask me.
I can show you."

"I'm here.
Don't be afraid."

"I know how.
Let me."

"Don't.
I have more for
you."

"Remember: I love you."

Use the LORD'S PRAYER

03

“Our Father in heaven, hallowed be your name,
your kingdom come, your will be done,
on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from the evil one.’

Matthew 6:9-13

Follow this pattern for your prayers:

- Praise God for who He is
- Tell him how you want to see more of him on earth!
- Ask for what you need TODAY
- Speak forgiveness out loud for one who hurt you.
- Ask for forgiveness from God for yourself
- Name your temptation & ask for protection/way out
- Finish with anything else you need to say.

1-PRAYER FAST

04

*What is the one thing for which
you need God's direction,
intervention or vision?*

Put focus on
that one
prayer by
pairing it with
one of these
fasting options:

- Fast one meal and pray during that time instead.
- Fast from sun-up to sun-down with a prayer walk at noon.
- Fast 24 hours: liquids only. Pray at meal-times
- Fast social media for 1 week and pray for your prayer-focus when you'd have been scrolling.

Use other prayers found in scripture!

05

The prayer of Jabez

1 Chron
4:10

This is a prayer for 5 things in one short sentence!

Paul's prayer for the Ephesians

Ephesians
1:16-19

A prayer for increasing spiritual insight about what God has given you in Christ.

Solomon's Prayer

1 Kings
3:7-9

When you need God's wisdom & insight for something too big that's in front of you.

Jonah's prayer

Jonah
2:1-9

Jonah's cry from his low point. Is God going to help???

Paul's prayer for the Philippians

Philippians
1:9-10

This is a prayer for continued maturity, growth and fruitfulness.

Jesus' Prayer for his disciples

John 17:
1-26

This is what Jesus wants for his people: protection, unity, fruitfulness in this world as you follow

MEET ALLI



Alli Patterson is passionate about helping others build a life on the firm foundation of Jesus, connected to God through his Word.

She holds a master's degree in biblical studies from Dallas Theological Seminary and is a teaching pastor at Crossroads Church.

She lives in Cincinnati, Ohio with her husband, Bill, their four children, and one very bratty cat. Learn more at **theallipatterson.com**.

KEEP PRAYING!

@theallipatterson

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