

Go Reach Ministries Inc.



# TALK TO GOD

**PRAYER STARTER GUIDE**  
A simple guide to build confidence in prayer

Companion guide aligned with the What Do I Do Now book

**WALK WITH YOU | TRAIN YOU | SEND YOU**

# How to use this guide

This guide is a prayer companion for new believers and returning believers who want to build a consistent prayer life that matches the discipleship foundation in the What Do I Do Now book.

## A simple daily rhythm

- Begin with two minutes of stillness. Ask the Holy Spirit to help you focus.
- Pray using a structure you can remember, such as ACTS or the model Jesus gave in Matthew 6.
- Open your Bible and read a short passage. Write one sentence about what God showed you.
- Close by asking God for obedience and courage to live what you read.

### Quick start in five minutes

Praise God for who He is.  
Confess anything you need to confess.  
Thank Him for one specific thing.  
Ask for help with one specific need.  
Ask for guidance to obey today.

# Why we pray

Prayer is how we communicate with God. It is not a performance. It is relationship, access, and alignment.

## Prayer helps you

- Talk with your Heavenly Father with honesty and trust
- Receive peace, wisdom, and correction
- Worship, repent, and ask for help
- Intercede for others and for the mission of God

## A foundation from What Do I Do Now

The book emphasizes that believers need both prayer and the Word for spiritual nourishment and guidance, and that beginning Bible reading with prayer invites the Holy Spirit to lead and teach.

Scripture anchors: 1 Thessalonians 5:17, Philippians 4:6, Matthew 6:6

# Building a daily prayer habit

Consistency matters more than length. A steady rhythm trains your heart to stay connected to God throughout the day.

## Three touchpoints

- Morning: surrender your day to God and ask for wisdom
- Midday: a short check in to re align your heart
- Night: gratitude, confession, and release

## If prayer feels hard

- Start with one sentence prayers and repeat them slowly
- Read a Psalm out loud and turn it into your own words
- Write your prayer if your mind wanders
- Ask God to teach you how to pray and keep going

### One sentence starter

Father, thank You for today.  
Jesus, lead me in Your ways.  
Holy Spirit, teach me and remind me of truth.  
God, give me strength to obey.

# How to pray using Jesus model

In Matthew 6, Jesus gave a pattern that keeps prayer balanced. You can walk through these movements in any order.

## Six movements

- Honor God: worship and reverence
- Submit: ask for His will and His kingdom to come
- Depend: daily provision and daily strength
- Confess: receive forgiveness and release others
- Ask for protection: temptation, deception, and evil
- End with confidence: God has power and authority

### Starter prompts

God, I honor You for who You are.  
Let Your will be done in my life today.  
Provide what I need and make me content.  
Search me, cleanse me, and help me forgive.  
Protect me from temptation and strengthen me.

# How to pray with structure

Sometimes we need a simple framework to keep us focused. ACTS is easy to remember and fits any situation.

## ACTS method

- Adoration: praise God for who He is
- Confession: be honest about sin and receive cleansing
- Thanksgiving: thank God for what He has done
- Supplication: ask for what you and others need

## A balanced prayer in two minutes

### ACTS in short form

Adoration: God, You are holy and faithful.

Confession: I confess and turn from \_\_\_\_.

Thanksgiving: thank You for \_\_\_\_.

Supplication: help me with \_\_\_\_ and help \_\_\_\_ with \_\_\_\_.

# Praying with Scripture

One of the strongest ways to pray is to use the Bible as your language. Scripture keeps your prayers anchored in truth.

## How to do it

- Choose a short passage
- Underline one promise, one command, and one truth about God
- Turn each into a sentence prayer
- Ask for obedience and transformation

### Example

If you read Ephesians 1:17 to 18, pray for wisdom, revelation, and enlightened understanding.  
If you read Philippians 4, ask God for peace that guards your heart and mind.

## A prayer before reading the Bible

God, thank You for the honor and privilege of reading Your Word. Holy Spirit, lead me into truth. Open my understanding. Help me obey what You show me.

# Prayer and Bible study together

The book encourages daily Bible reading for spiritual nourishment. Pairing prayer with study keeps your time with God both personal and practical.

## SOAP notes

S Scripture	Write the verse reference and a key line in your own words
O Observation	What is happening here What does this show about God
A Application	What do I need to obey change or believe
P Prayer	Turn what you learned into prayer

## Fifteen minute plan

- Two minutes: pray and invite the Holy Spirit to teach
- Eight minutes: read and write SOAP notes
- Five minutes: pray what you learned and choose one obedience step

# Prayers for your next steps

Chapter 8 of What Do I Do Now highlights key steps for new believers. Use these prayers to walk them out.

## Find a faith based church

God, plant me where I can grow. Connect me with believers who will encourage me, correct me in love, and help me learn Your Word.

Scripture anchors: Hebrews 10:24 to 25, Matthew 18:20

## Be baptized and walk in obedience

Jesus, I want to obey You fully. Prepare my heart for baptism and help me walk in newness of life.

Scripture anchors: Matthew 28:19 to 20, Romans 6:4

## Grow by the Word

Holy Spirit, give me hunger for Scripture. Help me set a daily time to read, study, and apply what I learn.

Scripture anchor: 2 Timothy 2:15

# Prayers for common challenges

New believers often face pressure, temptation, doubt, and spiritual resistance. Prayer keeps you steady.

## When tempted

God, strengthen me to choose righteousness. Provide a way of escape and help me say no to sin.

Scripture anchor: 1 Corinthians 10:13

## When anxious

Father, I give You my worries. Fill me with Your peace and guard my heart and mind.

Scripture anchor: Philippians 4:6 to 7

## When doubting salvation

Lord, help me hold fast to Your promises. Thank You that I am saved by grace through faith, not by my feelings.

Scripture anchors: John 10:27 to 29, Ephesians 2:8 to 9

## When forgiveness is hard

Jesus, forgive me and help me forgive others. Heal what is wounded in me so I can release offense.

Scripture anchors: Matthew 6:14 to 15, 1 John 1:9

# Seven day prayer plan

Use this plan to practice prayer while walking through the same foundations emphasized in What Do I Do Now.

Day	Focus	Prayer prompt
1	Salvation and assurance	Thank God for saving you. Ask for confidence in His promises.
2	The Holy Spirit	Ask the Spirit to guide you into truth and produce fruit in you.
3	Church and fellowship	Ask God to plant you in a church and build godly relationships.
4	Obedience and baptism	Ask for courage to obey Jesus in public and in private.
5	Love for the Word	Ask for hunger to read, understand, and apply Scripture.
6	Witness and discipleship	Ask God to use your life to help others follow Jesus.
7	Perseverance	Ask for strength to endure trials and keep walking with God.

## Daily close

What did God show me today  
What do I need to obey  
Who can I encourage or pray for

# Prayer journal

Use this page to capture your prayer, what you read, and what you believe God is asking you to do.

Date	
What I am thanking God for	
What I am confessing	
What I am asking for	
Who I am praying for	
Scripture I read	
One obedience step	

# Prayer journal

Use this page to capture your prayer, what you read, and what you believe God is asking you to do.

Date	
What I am thanking God for	
What I am confessing	
What I am asking for	
Who I am praying for	
Scripture I read	
One obedience step	

# Keep going

Prayer is not something you master once. It is a relationship you grow in. Keep showing up, keep listening, and keep obeying.

## A closing prayer

Father, thank You for drawing me to Yourself. Teach me to pray with faith and humility. Plant me in a healthy church. Grow me through Your Word. Fill me with the Holy Spirit. Use my life to make disciples. In Jesus name, amen.

**Go Reach Ministries Inc.**

Walk with you  
Train you  
Send you