



KINGDOM FOCUSED PRAYER

An Invitation to Pray

Prayer is as varied as the people who pray. Whether deeply faithful or just spiritually curious, most of us have prayed. For many of us it's probably been a quick request or a desperate cry in crisis. While there's nothing wrong with that, the hope of this practice is to help us see that prayer can be so much more.

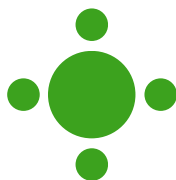
Imagine being invited to a buffet but spending the night sipping tap water, unaware the feast was for you. That's how we often approach prayer—settling for crumbs when it offers so much more. When I say “so much more,” I'm not talking about more stuff or things for us. I'm talking about partnering with God in bringing His Kingdom, seeing the miraculous, and watching Him change us and our world.

The incredible thing about this practice is that the Bible talks a lot about prayer. Jesus Himself models it and reveals His own prayers; prayers for others, prayers for healing, salvation, and “Your Kingdom come.” His prayers changed things and so can ours.

When we pray beyond ourselves, we don't just seek change, we become it, as God changes both the world and us through prayer.

Your kingdom come, Your will be done, on earth as it is in heaven

Online & Small Table Communities



A central part of following the ways of Jesus is embracing community. The challenging yet joyful experience of working alongside others is fundamental to both personal formation and the essence of the church. Below, you'll find links to engage with our online community at various levels. Our first guide in this book is dedicated to forming small, formational communities, which we refer to as 'small tables.' If you're curious about these small communities and would like more information, please feel free to reach out through the social media links or email provided on this page.



Scan the QR code for Some
Trek Discussion Videos



We would love to connect with you and others via our socials or our website.



Or email us at
info@transformationtrek.online

A few key verses

Matthew 6:9-13

Luke 10:2

Jeremiah 29:7

Ephesians 6:18

James 5:16

1 Timothy 2:1-2.

A key passage for on-going reflection

9 *“This, then, is how you should pray:*
“Our Father in heaven,
hallowed be your name,
10 your kingdom come,
your will be done,
on earth as it is in heaven.
11 Give us today our daily bread.
12 And forgive us our debts,
as we also have forgiven our debtors.
13 And lead us not into temptation,
but deliver us from the evil one.’

Matthew 6:9-13

We encourage reading all of Matthew 6.
This passage can be found online here:

<https://www.bible.com/bible/59/MAT.6.ESV>

Small Table Discussion

Session 1: How Can Prayer Transform Us?

Read: Romans 12:1-2 and 2 Corinthians 3:18.

Consider: How can prayer reshape your heart, thoughts, and character?

Practice: Set aside time daily to invite God into your transformation. Ask Him to help you see the world as He does.

Session 2: How Can Prayer Deepen Our Relationship with God?

Read: Psalm 145:18 and John 15:7.

Consider: How can prayer draw you closer to God and make His presence more tangible in your life?

Practice: Spend time each day in listening prayer, focusing on simply being with God rather than making requests.

Session 3: How Can Prayer Impact the World Around Us?

Read: James 5:16 and Acts 12:5-17

Consider: Where can prayer bring transformation to a situation, a community, or even the world?

Practice: Choose one local or global issue to pray for consistently this week.

Small Table Discussion

Session 4: How Does Prayer Move God?

Read: Exodus 32:11-14 and Luke 18:1-8

Consider: What do these passages reveal about how God responds to prayer? How can you pray boldly and persistently?

Practice: Pray with faith and expectation, trusting God's timing and purpose.

Practicing a Prayer-Filled Life

Praying for Neighbours and the Neighbourhood

Offer to pray for a friend or work colleague – If someone shares a hardship or challenge, take a moment to pray for them right then or commit to praying for them throughout the week.

Pray for the people on your street – Ask God to bless their homes, bring peace, and open opportunities for conversations.

Intercede for local schools, businesses, government and leaders – Pray for wisdom, justice, and community flourishing.

Pray over the places you frequent – Whether it's a coffee shop, gym, or workplace, ask God to use you as a light in these spaces.

Organize a neighbourhood prayer walk – Gather a few friends or family members to pray over your community, seeking God's kingdom to come in tangible ways.

Practicing a Prayer-Filled Life

Kingdom-focused prayer is not an occasional practice but a lifestyle, as it was for Jesus. It is about weaving prayer into the rhythm of daily life, shaping our perspective, and transforming the world around us.

Some Practical Ways to bring Prayer into our Daily Lives:

Morning Surrender – Start each day by dedicating your thoughts, plans, and actions to God. Pray, "Lord, let my words, decisions, and interactions today reflect Your kingdom."

Prayer Journaling – Set aside time to write down your prayers, reflections, and how you see God at work in your life. This helps track spiritual growth and recognize answered prayers.

Breath Prayers – Short, simple prayers that you can whisper throughout the day, such as "Lord, guide me" or "Jesus, I trust You."

Mealtime Gratitude – Before eating, take a moment to thank God for His provision and pray for those who are in need.

Prayer Alarms – Set an alarm on your phone to pause throughout the day and realign your heart with God's presence.

Prayer Walking – As you walk through your neighbourhood or workplace, pray for the people and places around you. Ask God to move in the unseen spaces.

Scripture-Based Prayers – Choose a passage of Scripture and pray it over your life and circumstances, aligning your heart with God's Word.

End-of-Day Reflection – Before bed, spend time reviewing the day with God. Thank Him for His presence, confess any burdens, and pray for a restful night.

Practicing a Prayer-Filled Life

Engaging in Community Prayer

Join a Prayer Group – Praying with others deepens faith and fosters encouragement. Find a group that meets regularly to intercede together.

Encourage Corporate Prayer – Attend prayer gatherings at your church or bring it in to your small table practice.

Adopt a Missional cause – Choose a specific nation, cause, or people group and commit to interceding for them daily.

Family Prayer

Prayer can be a powerful and unifying rhythm for families. Establishing a family rhythm of prayer, whether at meal times, during car rides to school, or on the way home, helps cultivate a habit of bringing everything before God.

It not only teaches children that they can talk to God about anything, but it also serves as a reminder to parents that they, too, can do the same.

Hearing our children pray allows us to learn more about them, what worries them, what excites them, and how they are experiencing life. It also gives us an opportunity to learn from them, as children often pray with sincerity and faith that comes straight from their hearts.

By creating a culture of prayer in the home, families can strengthen their relationships with each other and with God, fostering a legacy of faith that grows with each generation.

Just Pray

Our last encouragement is to just start. Be creative. Be imaginative. Try different ways of praying. There is no single formula. Prayer is a living conversation with God. Write it down when prayer is impactful.

Share your experiences with others. Celebrate when you see God move. The more we engage in prayer, the more we see its power at work in our lives and the world around us.

This practice is the second practice about prayer. If you would like further information on prayer and more encouragement on ways to pray and what prayer is, you can check out our previous guide, "Transformative Prayer" here:



"Prayer is where the action is."

– John Wesley