

trypraying.

Seven Day Prayer Guide

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TRY



INTRO
INTRO

MANY YOUNG PEOPLE PRAY.

OVERALL 27 MILLION
PEOPLE IN THE UK
PRAY. MANY OF THEM
REGULARLY.

AND THEY BELIEVE
GOD ANSWERS. EVEN
PEOPLE WHO AREN'T
RELIGIOUS PRAY!

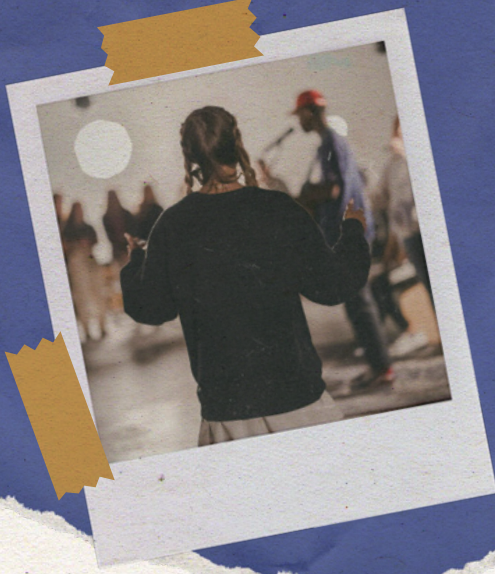
"PRAYING IS
LIKE TALKING
TO MY BEST
FRIEND."

"PRAYING DOESN'T
HAVE TO BE
COMPLICATED!"

"YOU CAN PRAY
IN ANY WAY AND
GOD HEARS YOU."

"PRAYING COMES
IN MANY
DIFFERENT FORMS."





**EVER FOUND YOURSELF
PRAYING BEFORE AN EXAM,
A TOUGH GAME, OR WHEN
SOMETHING JUST FEELS BAD?
YOU'RE NOT ALONE.**

Loads of people – whether they believe in God or not – find themselves reaching out in moments of struggle. This booklet gives you a taste of what it is to try praying. We've designed it so you can do it a day at a time. Give it a go.

**BE CAREFUL THOUGH, IT MAY
JUST CHANGE YOUR LIFE!**

Praying is basically talking with God. We're all about talking to people – whether it's on Snapchat, Instagram, or TikTok. Prayer is just another way to communicate, but instead of shouting into the void, you're talking to a God who's actually listening.



**"THROUGH PRAYER
GOD WILL SHOW ME
WHAT HIS WILL FOR
MY LIFE IS."**

**"YOU CAN PRAY
AT ANY TIME."**

TRY PRAYING THIS

**'God if you are there - and
I'm not sure you are - but
if you are, I want to get to
know you.'**

THIS COULD CHANGE YOUR LIFE.

DAY ONE
day one

IMAGINE.

IMAGINE THERE IS A GOD. A GOD WHO LOVES YOU AND WANTS YOU TO KNOW HIM. A GOD WHO LISTENS TO YOU WHEN YOU SPEAK TO HIM.

Prayer is simply talking to God. But who are we talking to? What is he like? Is he even there? And can he change things?



ANYONE THERE?

MAYBE GOD IS CLOSER THAN YOU THINK.

Imagine an argument between twins before they have been born. Stupid idea, because they can't talk. But go with it for a minute.

One says, 'We've got a mother who has made us and is all around us. One day we will meet her.'

The other says, 'Mothers don't exist. There isn't anything outside this life. We've got all we need and we've got each other. There is nothing more than we can see and feel here. The idea of having 'a mother' is rather unscientific.'

Whether they believe it or not, their lives will soon be changed forever when they are born and enter this amazing world.

WHAT'S THE POINT OF THIS?

SOMETIMES WE STRUGGLE TO SEE WHAT'S ALL AROUND US.

There's an old saying that 'In him (God) we live and move and have our being.' Just like the twins in a womb where everything they are has come from their mother, so everything we are has come from a loving God who is all around us. We just aren't aware of him - yet.

TRY IT:

Try praying this: 'God, I'm giving prayer a go. I want to find out if you are real. I need to know you care about me and you're powerful to change my life for the good.'



DO IT:

PHONE.

Here's something you can do today. Every time you pick up your phone say, 'God, I need communication with you.'

SORT IT:

Do you have something in your life, a big issue, that you would love God to sort out? You could try talking to him about it now! Do you have a friend or family member who needs help? Why not pray for them each day this week? You might start, 'Dear God...'



BIBLE BIT:

"God made the world and everything in it, including us. He isn't something invented by people. He gives life to everyone and has chosen where and when they should live so that we should look for him and perhaps find him, **though he is not far from any of us.**"

(Taken from Acts chapter 17)

BETH'S STORY

When times get hard, many people turn away from God and try society's way of dealing with situations. I turned to prayer and found a new perspective on the bad things. God helped me to turn negative situations into positive ones, and through this I became happier. Praying became a huge part of my life and I've got to know God so much better. It's amazing how talking to God and having him in my life can really help and make a huge difference. Don't ever think God won't help with situations, just pray and talk to him, he always listens. He guided me through hard times, gave me a new way to look at life and a happier outcome.*

WRITE DOWN YOUR THOUGHTS,
QUESTIONS OR WORRIES...

REAL TALK

Many people have found that when they start praying, things happen. Could it be more than just coincidence? Keep an open mind this week and see what happens! Look out for ways God is showing you he is real.

HELP.

LIFE CAN BE TOUGH!

Stress, friendships, family, school—it can all feel overwhelming. But what if you had someone who actually cared about what you're going through and wanted to help? Prayer is about realising you can't do life alone and needing God's help. It's not about fancy words or saying the 'right' thing. It's about being real.



BUT HOW DO YOU PRAY?

It's easier than you might think! You don't have to close your eyes, fold your hands, or even kneel. The awesome thing about prayer is ANYONE can do it **ANYWHERE, ANYHOW, ANYTIME** about **ANYTHING!** – God is waiting to hear from you and wants to walk through your day with you.

ANYONE:

It doesn't matter who you are, what your background is or where you come from – whether you've been to or never been to church, anyone can try praying!

ANYHOW:

You can pray on your own or with others, out loud or just in your head. God knows what's going on in your mind. No need for fancy words – just be real. You can think it, say it, sing it, or write it... However feels best to talk to your Creator! No need for fancy word – just be real.

ANYWHERE:

God's always with you, always listening. So, you can pray at school, at home, on the bus, or in bed. Doesn't matter where – he's there. But yeah, sometimes it helps to have a special place where you feel comfortable to pray.

ANYTIME:

God never sleeps or is too busy to listen to you. You can talk to him anytime – day or night - 24/7.

ANYTHING:

God wants you to be honest with him. If you need something, just ask him! If something's worrying you, turn your worries into prayers, no matter what's on your mind.

TRY IT:

Try praying this: 'God, I want to understand about asking you for things. I need your help in my life, so I'm going to keep going and try praying and trust you will give answers. I choose to believe you are good and give good things.'

DO IT:

WALK.

You could try praying this whenever you walk today, 'God, please walk with me through the day. Be in everything I do.'

SORT IT:

Pray for a big issue in your life - an area you need God to make a difference in. And pray for others - your friend or family member who needs help.

BIBLE BIT:

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."

You can find it in the Bible in Matthew chapter 7:7.

WRITE DOWN YOUR THOUGHTS...

FFION'S STORY

I often find when I come to pray on my own that I hit a wall. A friend of mine prays with me, even on the phone sometimes. She never fails to involve God in the miniature details of her life. She says that the more you talk to God, the more your relationship with him grows. But how can I do that if it's almost impossible to get the words out or formulate a prayer in my head? She suggested if the words are being blocked I should write a letter about everything I want to say to God. I'm sure he knows it all already, but he just wants us to bring it to him. Whether that's in spoken prayer, a letter, song etc... Now instead of trying to just think of a list of prayers, I write down my prayers to him, it has helped a lot.*

DAY THREE
DAY THREE

HOPE.

EVER FEEL LIKE LIFE IS MISSING SOMETHING? MAYBE EVERYTHING LOOKS FINE ON THE OUTSIDE, BUT INSIDE, SOMETHING FEELS... OFF.

DO YOU EVER WONDER WHY?

Why is there sickness, cancer, violence, pain, death? Why is there climate change, pollution, wars and injustice? Why do I struggle with mental health, my identity, messed up friendships, anxiety and depression? Clearly something has gone wrong! Can there be something better?

YES!

Jesus once said, 'I have come to give life – life to the full.' (John 10:10) Could it be that we're made for more?

Jesus came to fix the problem. (See day 5) He came to start a new way of doing life that centres on doing it with him rather than without him. He came to bring hope to people: 'light for those in darkness.'

He truly brings hope to billions of people's lives around the world. Jesus could bring hope to your life too.

BUT WHO IS HE?

Christians believe Jesus was no ordinary man. He was God in human form: doing miracles and transforming people's lives. He came to show us what God is truly like. He is the source of our lives and in fact the Creator who made everything. He said he was the way, the truth and the life and has come to connect us to heaven, giving us a new way to live and offering life after death. All his claims were demonstrated as true when he rose from the dead.



TRY IT:

'God, I look at the world and it's hard. I look at myself and my friends and it's hard. We're growing up in a mad world, but I want to be part of something better. I want to live for something real, something good and something that will last. Help me to live like this – as though I might see little bits of the heaven you promise in my today.'

BIBLE BIT:

"God loved the people of this world so much that he gave his only Son, so that everyone who has faith in him will have eternal life and never really die."

John 3:16.

WRITE DOWN YOUR THOUGHTS...

DO IT:

KEY.

Everytime you use a key today, say, 'GOD, UNLOCK MY LIFE SO I CAN LIVE IN HOPE.'

SORT IT:

Keep praying for your big issue and also for others. Are you noticing anything happening?



DANIEL'S STORY

One Christmas my Dad got very ill and was rushed to hospital. He had lost mobility on one side of his body and his vision was worsening. After a scan they discovered a tumour in his brain. He couldn't even recognise my brother and me, but my mum encouraged us to pray for him and his recovery. The amazing thing was that after many days, the tumour disappeared without having to be operated on!!! He was healthy and well and so he started to pray for other patients in the hospital too. The doctors were so amazed at his recovery that they believed in God and the power of prayer.*

DAY FOUR
DAY FOUR

FAITH.

WHAT IS FAITH?

EVER FEEL LIKE YOUR
PRAYERS ARE JUST FLOATING
OUT THERE AND GOING
NOWHERE?

LIKE SENDING A
WHATSAPP BUT YOUR
WI-FI'S NOT WORKING?

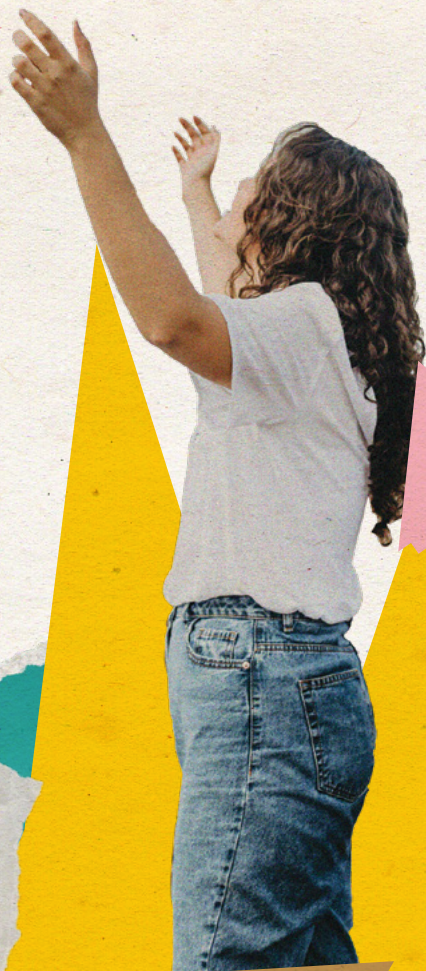
**FAITH ISN'T
ABOUT HAVING
ALL THE
ANSWERS-IT'S
ABOUT TAKING
A STEP AND
TRUSTING JESUS.**

There's a story of a woman who had been very sick for a long time. She heard that Jesus was coming to her town and was desperate to see this man that they were calling the Son of God, a healer.

She was so keen to meet Jesus that she pushed her way through the many people who were around him just to touch his cloak, hoping she could be healed.

In the hustle and bustle of the crowd, Jesus knew she had touched his cloak. Power had gone out from him. He turned around and said, 'It's your faith that's healed you. Go in peace.'

When we trust in Jesus and seek him out – like this woman – he always answers. Faith is being confident that God hears us. It's what makes the difference between the many people that just hang around him and the one who really connects.



TRY IT:

Try praying this: 'Jesus, I want to believe in you. Sometimes I'm full of faith and sometimes full of doubt. Help my unbelief as I choose to trust you.'

BIBLE BIT:

Do you have a tiny bit of faith that Jesus might be interested in you? We do not need to be squeaky clean. God accepts us as we are – all we need to do is believe:

"And without faith it is impossible to please god because anyone who comes to him must believe he exists and that he rewards those who earnestly seek him."

Hebrews 11:6

WRITE DOWN YOUR THOUGHTS...

DO IT:

STONE.

Stone. Here's something you can do today. Pick up a stone and put it in your pocket. Every time you put your hand on it, say, 'God, I need you to be the solid thing in my life.'

SORT IT:

Ask for faith to believe that God will sort things out. Let him into whatever you're struggling with and trust that he can do more than you can ever imagine.



ANDREW'S STORY

I've never really believed in God and figured all that stuff wasn't for me. But one day someone told me about when his dad had gone missing and his family had given up hope. He kept his faith though and kept praying that his dad would be found well and alive. Eventually his dad returned home! I started questioning my conclusion of God's reality. When I got home that night, I went to my room and shut the door. Not having grown up in a church-going family I wasn't really sure what I was doing, but I prayed for guidance and listened for what he had to say. I'd prayed before and I wasn't expecting anything different. But I felt an indescribable feeling of calmness and contentedness, as if something washed over me. I now realise this was the Holy Spirit working in me for the first time. That was it; in an instant I was transformed – I had experienced God! Since then I feel my relationship with him has grown, and I find myself enjoying life much more.*

DAY FIVE
DAY FIVE

LIFE.

EVER WISHED FOR A RESET
BUTTON IN LIFE? YOU CAN HAVE
ONE. JESUS OFFERS A FRESH
START TO ANYONE WHO ASKS.

WE GET A NEW LIFE WHEN
WE ASK CHRIST TO MAKE
US NEW.

CHECK THIS...

JESUS DIED FOR OTHERS. WHY?
IF HE WAS SO GOOD AND SO
AMAZING, HOW COME HE DIED?

Well, the fact is that he said he was dying for others – us. In dying, he was choosing to pay a price for all the wrong people have done – including us. Our wrongs are a debt – and he paid it. Our sins make us dirty – and he has made us clean. Our shame makes us guilty - and he took the blame. God wants us to know he has provided forgiveness. Because of what Jesus has done for us, we get to be friends of God.

THIS HAS TO BE GOOD NEWS!

HOW CAN WE CLAIM
THIS FOR OURSELVES?



TRY IT:

Try praying this: 'Jesus, I don't get it all, but I believe you died on the cross for me. Thank you. I want to say sorry for all the rubbish stuff I've ever done, thought or said. Forgive me and help me to change. Give me a new life so I can be the best version of me.'

SORT IT:

Sometimes our big issues come from stuff to do with forgiveness and often that can be stuff that others have done to us. God forgives us and we need to forgive others. This is a big one and it only happens when God works in us to help us. If you can, ask God to help you forgive others, but come back to this as it may take time.

DO IT: PAPER.

Take a piece of paper and write on it anything you feel ashamed about. Make a list. Then draw a cross over it all and thank Jesus for forgiving you. Then rip up the paper and throw it away.



BIBLE BIT:

"God demonstrates his love for us in that while we were still sinners, Christ died for us."

You can find it in the Bible in Romans chapter 5:8



JOSH'S STORY

I grew up going to church and knew about God, but I never understood that being a Christian means knowing God in our hearts, not just our minds! I never knew that being a Christian meant changing the way I lived. When I was 15 I got kicked out of school and that led to me getting in trouble with the police! When I was 17 I did something which got me locked in a cell in a police station. As I sat there I started to think about my life. I wasn't satisfied with the way I was – I hated life. I knew I needed God! That's when I experienced Him in a real way and it was amazing! I prayed, and felt the presence of God - I got really hot even though the cell was cold!

I started to say sorry and ask forgiveness for everything I'd done. I knew I'd met with God that night! Now I'm totally different, I still make mistakes but I try to live with God at the centre of my life everyday.*

WRITE DOWN YOUR THOUGHTS...

DAY SIX
DAY SIX

CONNECTION.

PRAYING IS ALL ABOUT
BEING CONNECTED TO GOD.

SO HOW CAN YOU STAY CONNECTED
TO GOD? DOES IT ALL DEPEND ON YOU
PRAYING AND TRYING TO BE GOOD? IF
SO, YOU ARE BOUND TO FAIL! THANK
GOD, HE SENDS SOMEONE TO HELP YOU.
HIS NAME IS THE HOLY SPIRIT.

THE HOLY WHAT?

The Holy Spirit is God's presence on earth. Sounds a bit weird, but it's the Holy Spirit who connects us to God. So the real connection is made when we believe in Jesus and receive his Spirit.

You need to ask Jesus into your life through his Spirit. It's like inviting someone into your house and saying, 'Come in.' When you do this you begin life's adventure with him. It starts now and takes you all the way through life and into the next life.

When you are connected to God like this you can do more than you ever dreamed and you come alive in a way you never were before.

DO YOU WANT THIS PERMANENT,
POWERFUL CONNECTION WITH GOD?

TRY IT:

Try praying: 'God I want to be more connected with you. I need you, so I'm asking that you come into my life now through your Spirit and make me the kind of person you want me to be.'



DO IT:

DOOR.

You can act this out by going to your door and opening it. Then you can say to Jesus, 'You are welcome. Come in.'

SORT IT:

Keep praying for your big issue that it will come good. Pray also for others that perhaps they might respond to Jesus too.

BIBLE BIT:

"Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in."

Revelation 3:20



LUCY'S STORY

My dad suffers with depression and has for as long as I can remember. He is a Christian and loves God with all of his heart and believes one day he will be healed. My church began praying for my dad with my family, and he started coming to church again. When I see him, he seems happier. We continue to thank God for what he has done so far, and for what he is going to do. We believe that one day he will be completely healed. It is all because of God, he is good, even when life is hard.*

WRITE DOWN YOUR THOUGHTS...

DAY SEVEN
DAY SEVEN

LOVE.

HERE'S A QUESTION: HAS GOD BEEN ANSWERING YOUR PRAYERS??

People talk about discovering God's love and how that transforms their lives. A long time ago a man who became known as St Paul wrote that hope doesn't disappoint us, because God has poured out his love into our hearts by the Holy Spirit whom he has given us!

**IMAGINE THAT!
LOVE POURED
INTO OUR HEARTS
AND CLOSENESS
TO GOD THROUGH
HIS SPIRIT!**

Not everyone has great experiences of God's love, but if you keep trusting him he will do what he says and meet with you. Perhaps it's time to say thank you?

It's a simple thing to say thank you: for God's love, for Jesus coming into your life (if you have asked him), for food, friends, life.



Also you can be thankful even when things are hard. **Try and thank God no matter what is happening in your life, no matter how hard it is.** Go outside. Breathe fresh air. Refocus on God by wondering at the amazing world he made - look at the sky, examine a leaf or flower, listen for some birds.

IT'LL PAY OFF.



DO IT: GO.

Go somewhere where you can see a long distance, perhaps on a clear night looking at the stars. Pray, *'God you are bigger than this world and bigger than my biggest thought of you. I want you to be the biggest thing in my life.'*

TRY IT:

Try praying this: *'God, thank you for your love and for coming into my life. Help me to understand more of your love for me, even if life isn't easy. Help me to be thankful.'*

SORT IT:

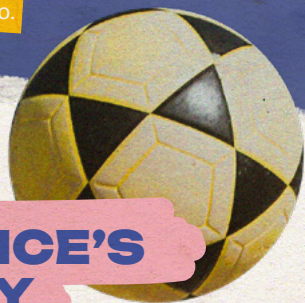
Keep praying for your big issue that it will come good. Pray also for others that perhaps they might respond to Jesus too.

BIBLE BIT:

"Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus."

1 Thessalonians 5:16-18

FABRICE'S STORY



In 2012, Bolton Wanderers midfielder Fabrice Muamba suffered a cardiac arrest on the pitch during an FA Cup match against Tottenham. The whole stadium was silent and people began to pray. This was all over the press. "Fabrice Muamba's collapse shows how prayer comes naturally to footballers," said Andrew Brews from The Guardian. Muamba himself said, "I am walking proof of the power of prayer. For 78 minutes I was dead and, even if I lived, I was expected to have suffered brain damage. But I'm very much alive and sitting here talking now, someone up there was watching over me. On the morning of the game I prayed with my father and asked God to protect me - and he didn't let me down!"

WRITE DOWN YOUR THOUGHTS...

OUTRO
OUTRO

IT'S NOT WORKING!

YOU MAY HAVE NOTICED
BY NOW THAT NOT ALL
YOUR PRAYERS SEEM TO
'WORK' ALL THE TIME.

THIS IS SOMETIMES JUST SLIGHTLY
ANNOYING, BUT OTHER TIMES IT
DOESN'T SEEM TO MAKE ANY SENSE
AND IS GUTTING.

You know, prayer isn't like a vending machine, where you put in your money and what you want always comes out. Imagine for a moment if everyone's prayers did get answered the way they wanted every time. The world would go crazy!

God does answer our prayers, but not always like we think. He has a bigger picture. He also wants to teach us patience. Sometimes we don't get answers because we ask for the wrong reasons. Sometimes we just need to keep asking. Remember he is a good Father, and it is for our good he sometimes says no.

HE KNOWS WHAT IS BEST.





THINK OF IT LIKE A TRAFFIC LIGHT SYSTEM...

STOP:

God says, 'No'. He knows what's ahead and has something different.

WAIT:

God says, 'Maybe but not yet.' Keep praying, keep trusting. He'll answer when the time is right.

GO:

God says, 'Yes.' Thank him and enjoy!

BIBLE BIT:

"FOR I KNOW THE PLANS I HAVE FOR YOU, SAYS THE LORD, PLANS TO PROSPER YOU AND NOT TO HARM YOU. TO GIVE YOU HOPE AND A FUTURE."

Jeremiah 29:11

IT'S A MATTER OF TRUST. TRUSTING THAT GOD KNOWS THE FUTURE AND HAS THE BEST FOR US AND THOSE AROUND US.

TRY IT:

'Father God, I don't always understand why you don't answer my prayers, but I know that you know about everything and want the best for me. Help me to trust you and your plan for me and the world.'

DO IT:

Has there been something you asked God for but didn't get it? Take a minute to stop and instead of asking, listen to see if God tells you why that could be. Remember praying is less about just asking, and more about knowing God.

SORT IT:

Sometimes the most difficult things in our lives don't get the solution that we imagine. **Pray that you would trust God whatever the outcome.**

HOW DO I LISTEN TO GOD?

God speaks to us today. He does it in many ways... through something we are thinking about, through a song, when we are reading the Bible, through a Christian who knows God well... it usually comes with a feeling of peace and sureness... **it also comes with practice!**

NEXT
NEXT

NEXT.

WELL DONE! YOU'VE JUST COMPLETED YOUR FIRST 7 DAYS OF THIS PRAYING THING! BUT DON'T LET IT END HERE. IT'LL GET BETTER THE MORE YOU KEEP GOING.

WHAT NEXT?

TO HELP YOU CONTINUE YOU COULD...

- Read the booklet again or dip in and out.
- Tell a friend about your experiences and give them a copy to use themselves. Perhaps go through the booklet together if they're up for it.
- Read the Bible. Check an online version at youversion.com/the-bible-app
- Check out the adult version of this booklet at trypraying.org.
- Check out these websites: 24-7prayer.com, the4points.com, alpha.org.uk/youth and solas-cpc.org/shortanswers.
- Find a good church that you enjoy going to.
- If you know a Christian, speak to them and tell them you have started praying.

TRY IT:

If you want to keep on keeping on with God, then pray this: 'Jesus, thank you for what I have experienced through prayer. Help me to keep finding out about you. Help me to live my life with you and for you. Equip me to live this life and help me to choose you every day. Amen.'

BIBLE BIT:

"I WILL BE WITH YOU ALWAYS, EVEN UNTIL THE END OF THE WORLD."

Matthew 28:20

SPACE FOR NOTES

Handwriting practice lines consisting of 18 horizontal dotted lines on a textured, light brown background.

*All these stories are true, but the pictures we have used to illustrate them are representative.

Bible Translations:

CEV, The Message, Easy-to-read version, and NIV.

To order more copies:

Visit resources.trypraying.org / Phone: 0131 202 6449

tryprayingyouth.org

Produced with the help of the
Drummond Trust, 3 Pitt Terrace, Stirling.

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FOR A WEEK**
**AND SEE WHAT
HAPPENS.**



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