



FAITH
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FOUNDATIONS FOR FOCUSED PRAYER

**A BEGINNER-FRIENDLY TEMPLATE FOR PRAYING
INTENTIONALLY AND STRATEGICALLY**

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Hey There!

Prayer is simply conversation with your Heavenly Father. There is no requirement for fancy phrases, big words, or perfect theology. The best prayers are honest prayers – short or long, messy or tidy. If you can speak to a friend, you can speak to God. Normalizing this removes performance pressure and opens the door to consistent prayer.

Key reminder: *God cares more about your heart than your vocabulary. Honest, simple words often carry the most power.*

Childlike faith: Approach prayer with the trust and simplicity of a child. Jesus said in Matthew 18:3, "Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven." A heart that trusts God without skepticism or fear opens the door for miraculous encounters



HOW TO USE THIS TEMPLATE

- Use this template to capture a prayer topic (what you want to focus on), collect scriptures, write a specific request, and identify what you're believing for.
- Keep one prayer journal with repeated entries for each topic so you can track answers and updates.
- Use the suggested rhythm (daily quick prayers, weekly deep prayers, monthly review) or modify them to fit your life.

Why build a structure for prayer?

As you grow in your prayer life, a gentle structure helps you:

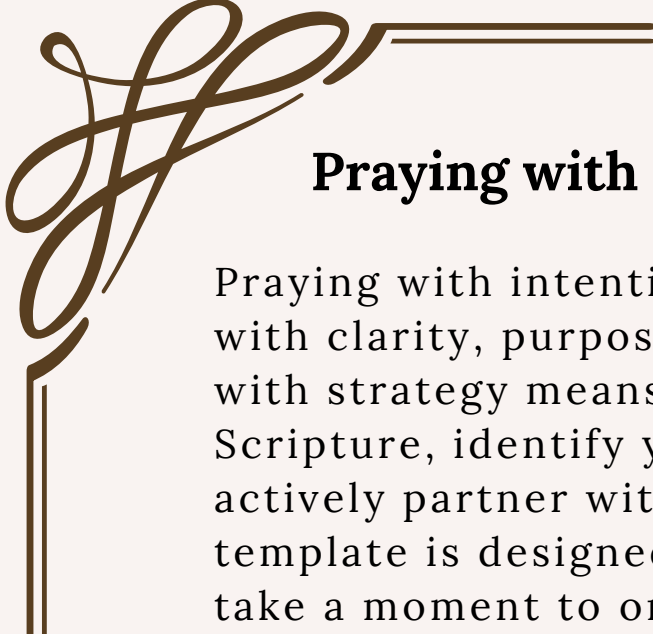
- remember things you care about
- pray with biblical focus
- acknowledge answered prayers
- steward your time

Structure doesn't make prayer legalistic – it simply gives your heart a map so you don't wander aimlessly.



Structure is not restriction; it's **direction**.
Scripture reminds us that God moves through order, not chaos: “Let all things be done decently and in order”
(1 Corinthians 14:40).

When your prayers follow a gentle rhythm, your heart becomes focused, your mind settles, and you create space for God to speak clearly.

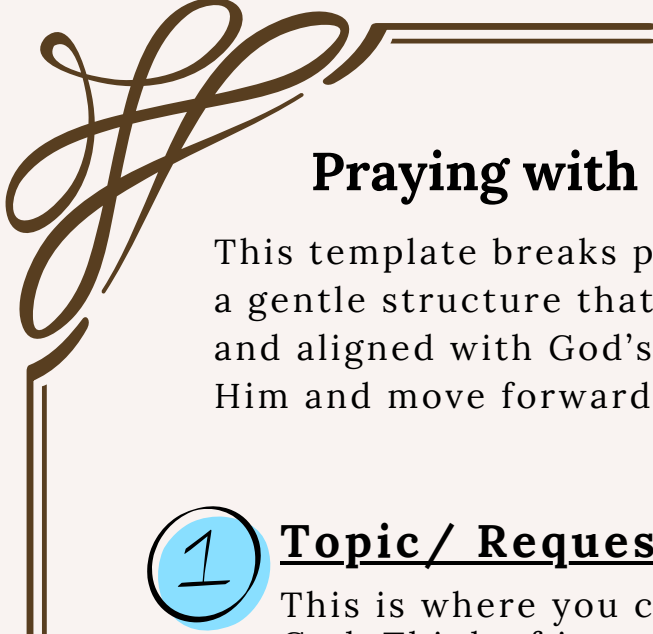


Praying with Intentionality & Strategy

Praying with intentionality means you approach God with clarity, purpose, and a focused heart. Praying with strategy means you anchor your requests in Scripture, identify your role in the process, and actively partner with God as He leads you. This template is designed to help you do both. When you take a moment to organize your thoughts, reflect on God's Word, and articulate what you're believing for, your prayers become clearer, more confident, and easier to track as God answers them.

This template for praying is not about praying "perfectly" – it's about praying *thoughtfully*. On days when your heart feels full and words flow easily, it helps you stay focused. On days when you feel overwhelmed or unsure, it gives you a starting point. Whether your prayer is one paragraph or one page, this structure helps you speak to God with intention, faith, and honesty.





Praying with Intentionality & Strategy

This template breaks prayer into 3 simplified parts, offering a gentle structure that helps you stay focused, intentional, and aligned with God's Word as you pour out your heart to Him and move forward with grounded faith.

1 Topic / Request

This is where you clearly identify what you want to bring to God. Think of it as the main focus of your prayer – the specific area of your life, the person you're interceding for, or the circumstance you want God's guidance in. Keeping your topic concise and specific helps you stay focused in prayer and allows you to see progress or answered prayers over time. ***Don't worry about being fancy or using the "right" words; honesty and clarity are what matter most.***

2 Scriptural Foundation

Every prayer is strengthened when it's anchored in God's Word. In this section, write down one or more verses that relate to your topic/ request. You can choose passages that give you comfort, guidance, or encouragement, or that directly speak to your topic. Taking a moment to note why the verse applies to your prayer can deepen your understanding and help you internalize God's promises as you pray.

3 Action Step (My Role / Responsibility)

Prayer is not passive; it invites us to partner with God. In this section, consider what steps you can take to align your actions with your prayers and ask for God's help and power in carrying them out. This might include practical tasks, habits, decisions, or changes in mindset that correspond to your request. Writing down an action step helps you take responsibility in your faith journey while trusting God to work through your efforts. Even small steps demonstrate obedience and faithfulness, and they create tangible ways for you to see God's hand at work.

Praying with Intentionality & Strategy

Lastly, put it all together! This is simply where everything comes into alignment — your understanding of the scripture, the responsibility you've accepted, and the desire you're bringing before God. You don't have to pray in a rigid sequence or repeat each part in a formal order. Instead, allow the insights you gained from the previous sections to naturally shape the flow of your conversation with Him. Think of this final step as weaving together truth, intention, and faith in whatever way feels most authentic in the moment. Sometimes the scripture takes the lead, sometimes the action step becomes the focus, and other times the prayer itself just becomes a space for honesty, clarity, and surrender. Let this be a guide, **not** a rule — a framework that empowers you to pray with direction while still leaving room for the Holy Spirit to lead you or redirect your focus. To help you see how this works in practice, four completed examples have been provided on the following pages.



EXAMPLE 1 - PERSONAL GUIDANCE

1. Topic/ Request: Career direction and clarity

2. Scripture Foundation: James 1:5 – “If any of you lacks wisdom, let him ask God, who gives generously to all without reproach.”

3. Action Step (My role/ Responsibility): Update resume, research potential opportunities, and reach out to a mentor for advice.

Prayer (Put it all together): Lord, I ask for wisdom and clarity as I consider the next steps in my career. Guide me to the opportunities that align with Your will, and give me discernment in each decision. Help me take practical steps, trusting that You are directing my path.

EXAMPLE 2 - EMOTIONAL HEALING

1. Topic/ Request: Healing from past hurts

2. Scripture Foundation: Psalm 147:3 – “He heals the brokenhearted and binds up their wounds.”

3. Action Step (My role/ Responsibility): Journal daily about my feelings, identify areas of unforgiveness, and seek support from a trusted counselor or friend.

Prayer (Put it all together): Father, I bring my broken heart before You and ask for Your healing touch. Help me release past pain and trust Your restoration. Give me the strength to take the steps I need to find peace and wholeness.

EXAMPLE 3 - FAMILY RELATIONSHIPS

1. Topic/ Request: Strengthening family bonds

2. Scripture Foundation: Colossians 3:13 – “Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”

3. Action Step (My role/ Responsibility): Schedule regular family time, practice listening actively, and intentionally express forgiveness when needed.

Prayer (Put it all together): Lord, I ask You to help our family grow closer and communicate with love and patience. Teach me to forgive and to be a peacemaker in our home. Give us opportunities to connect, support, and honor one another as You guide us.

EXAMPLE 4 - WISDOM IN DECISIONS

1. Topic/ Request: Making a major life decision

2. Scripture Foundation: Proverbs 3:5-6 – “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.”

3. Action Step (My role/ Responsibility): Write down options, seek godly counsel, and prayerfully reflect on which choice aligns with God’s will.

Prayer (Put it all together): Father, grant me clarity and discernment as I navigate this decision. Help me trust You fully and submit my plans to Your guidance. Lead me on the path that honors You and fulfills the purpose You have for my life.

YOUR PRAYER TEMPLATE

1. Topic/ Request: _____

2. Scripture Foundation: _____

3. Action Step (My role/ Responsibility): _____

Prayer (Put it all together): _____



YOUR PRAYER TEMPLATE

1. Topic/ Request: _____

2. Scripture Foundation: _____

3. Action Step (My role/ Responsibility): _____

Prayer (Put it all together): _____



YOUR PRAYER TEMPLATE

1. Topic/ Request: _____

2. Scripture Foundation: _____

3. Action Step (My role/ Responsibility): _____

Prayer (Put it all together): _____



Pray Always!

As you continue growing in your relationship with God, remember this: just like any other relationship, communication is an essential part. Prayer is your powerful, sacred, and intimate way to communicate with your Heavenly Father. Prayer is not reserved for certain moments, certain moods, or certain levels of spiritual maturity. Prayer is the ongoing conversation of a heart that knows it is held and heard. You don't have to have the right words, the perfect mindset, or a spotless week behind you. God listens because He loves you — not because you performed flawlessly.

“Pray without ceasing” (1 Thessalonians 5:17) isn't a command to strive; it is an invitation to stay connected. To breathe with God. To speak with God *AND listen*. It's an opportunity to remember that you're never walking alone. Prayer is the steady rhythm that pulls you back to peace when life feels loud, anchors you when you feel unsteady, and reminds you that heaven is backing you up.

Some days your prayers will be bold and faith-filled. Other days they may sound like a whisper, a sigh, or a simple, “Lord, help me.” All of them matter. All of them reach Him. And all of them shape your heart over time. You may not feel spiritual every day. You may not feel strong every day. But you can pray every day — honestly, imperfectly, faithfully — knowing that God is listening.

May this template empower you, but never confine you. May it give you language, but never limit your voice. And may it remind you, again and again, that your Father delights in you, hears you, and walks with you.

So, keep talking to Him. Keep trusting Him.
And above all, pray always.



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WANNA LEARN MORE?

If this guide helped you grow in clarity, confidence, or spiritual direction, imagine what could happen with consistent support, intentional strategy, and guided accountability.

My life coaching services are designed to help you move from inspiration to transformation — not by overwhelming you, but by walking with you as you build discipline, strengthen your mindset, and pursue the purpose God has placed on your life. Whether you're navigating transition, needing structure, craving deeper spiritual growth, or simply tired of doing everything alone, you don't have to figure it out by yourself.



If you're ready to

- *gain practical tools and personalized strategies,*
- *break cycles that keep you stuck,*
- *develop a healthier mindset,*
- *grow spiritually and emotionally, and*
- *finally step into the future you've been praying for...*

I'd love to support you!

[SCHEDULE A FREE CALL](#)