



Ebenezer

UNITED METHODIST CHURCH

TCNS (TOKENS) PRAYER GUIDE

There are as many ways to pray as there are people, and no single method is all encompassing. However, many people find the prospect of prayer unfamiliar or daunting, so Ebenezer created the Tokens Prayer. The TCNS (Tokens) prayer is a very basic method intended for use in daily devotions. Designed to be in conjunction with daily scripture reading, it can be accomplished in a few moments or employed for longer prayer sessions. Our hope in sharing this template is to give everyone a starting point to help guide them into deeper and more meaningful connection with God.

Setting: Prayer is a conversation with God and can take many forms. For dedicated times of daily prayer, it is helpful to find a space that is set apart with as few distractions as possible. You may wish to light a candle or play contemplative acoustic music. Spend time reading the Bible before or after your prayers. If you'd like a Bible reading guide, you can find one at Ebenezerumc.org/resources

THANKSGIVING: "Give thanks to the Lord, for He is good." Psalm 107:1

Begin by taking time to genuinely reflect on your blessings. God is the giver of every gift in our lives. Our loved ones, our resources, our homes, jobs, cars, abilities, toys, everything worth having comes from God's benevolence. Beginning our time with thanksgiving helps us remember God's goodness and depth of love. It also helps us understand and praise God for the wonderful gift of Christ's presence in our lives.

CONFESSION: "If we confess our sins, He is faithful and just to forgive us and cleanse us of all unrighteousness."
1 John 1:9

Confession is when we admit to God the ways we have failed to be and do what God intended. This can be things we've done or left undone that hurt God, our neighbors, or ourselves. This time of confession is the opportunity to drop all of our masks and justifications and truly offer our most vulnerable self to the one who loves us most.

NEED: "Ask and it will be given unto you." Matthew 7:7A

We all have fears, worries and anxiety. The Bible tells us to cast our cares upon Christ because he cares for us. God desires to help share our burdens and meet our needs. When we tell God what we need one of two things will likely happen. We will either discover what we thought we needed wasn't what we required, or we will start to see God at working providing for us.

SILENCE: "My sheep hear my voice. They know me, and they follow me." John 10:27

After we have spent time thanking and praising God, confessing our sin and our needs, it is God's turn to talk. Prayer is not a one-way conversation but a true communion between God and us. Sometimes God will communicate in words, sometimes in feelings or thoughts, but God desires to speak into our lives. We must simply take the time to listen.