

THE COLLECT
AN ANCIENT FORM OF PRAYER

A PRAYER FOR GUIDANCE AND FOCUS

The Collect is an ancient form of prayer meant to guide and focus the *pray-er*. Known for brevity, a Collect begins by recognizing who God is, what He is like, and what He does then collecting our thoughts on something specific, such as suffering, hope, pain, or peace.

A Collect prayer addresses God with a name and an aspect of His character, states our need, and concludes with gratitude or praise.

THE FIVE PARTS OF A COLLECT

1. ADDRESS GOD

- Abba Father
- Alpha and Omega
- Creator
- God of Mercy
- God of Peace
- Good Shepherd
- Holy One
- Great I AM
- Jehovah-Jireh
- Loving God
- One True God
- Sovereign Lord
- Wonderful Counselor
- Yahweh

2. NAME WHO YOU KNOW GOD TO BE

- All-knowing
- Creator
- Ever-present
- Faithful
- Forgiving
- Good
- Gracious
- Healer
- Holy
- Infinite
- Just
- Loving
- Merciful
- Omnipotent
- Provider
- Protector
- Sustainer
- Unchanging

3. ASK GOD FOR WHAT YOU NEED.

4. TELL GOD WHY YOU NEED IT.

5. THANK GOD FOR WHO HE IS AND HOW HE LOVES.

WRITING YOUR OWN COLLECT

Collects follow a simple framework, freeing us to pray deeply-Biblical and richly-theological prayers.

1. ADDRESS GOD

The Bible addresses God by many names, each with a specific meaning. Choose one that speaks the truth of God to you today.

Abba, Father ...

2. CHOOSE AN ATTRIBUTE OF GOD

What specific trait of God do you need today? Name it.

Abba, Father, You are faithful ...

3. ASK FOR WHAT YOU NEED

Abba, Father, You are faithful. Be with me now.

4. TELL GOD WHY YOU NEED IT.

Be specific. Name what you need and why.

Abba, Father, You are merciful and faithful. Be with me now. I feel so alone in my suffering. I know You are able to heal me, but I also know You do not heal everyone. Please help me to surrender to Your will. Give me the strength and courage to face tomorrow, no matter what comes, knowing You have promised to be with me always.

5. THANK GOD FOR WHO HE IS.

What do you know to be true? Is there a Scripture verse or promise that springs to mind?

Thank you for loving me beyond comprehension and for never leaving me, even when I feel alone. Whisper Your peace into my starkest moments, and remind me that I am perfectly, completely, and deeply known and loved. In Jesus' name, amen.

QUESTIONS FOR REFLECTION

- What would happen if you prayed a Collect every day for a week?
- How might it shift your focus?
- What new perspective would you like your heart, mind, and soul to discover while praying The Collect this week?