

# Rhythms: Prayer (as Engagement)

*Jesus taught with shocking specificity about how to engage in prayer—pounding on the doors of heaven!*

## Teaching

### Postures of Prayer

- Luke 11: Midnight Bread
    - \_\_\_\_\_ (v. 2: “Father, hallowed be Your name...”)
    - \_\_\_\_\_ (v. 3-4: “Give us each day... forgive us...lead us”)
    - \_\_\_\_\_ (v. 5-8: “Ask...seek...knock”)
    - \_\_\_\_\_ (v. 8: Greek: “Anaideia”)
    - \_\_\_\_\_ (v.11-13: “How much more will your Father give...”)
  - Luke 18: Boxing Widow
    - \_\_\_\_\_ (v. 1: “Always...not lose heart”)
    - \_\_\_\_\_ (v. 3-5: “Bothering...beat me down”)
    - \_\_\_\_\_ (v. 6-8: “God...elect...speedily”)
    - \_\_\_\_\_ (v. 8: “When the Son of Man comes...”)
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## Deeper Dive

Hopefully, you were able to withdraw in prayer last week. As you press into the specific rhythm of engaging in prayer this week, remember this: Jesus never intended prayer to be passive! His teaching both in the Lord’s Prayer and the parables shows us the kind of heart postures we are to have as we pray.

This is the kind of prayer/faith that moves mountains, not because we possess some kind of personal power but because we pray to the God who does have this power! Matthew 11:22-24 says: “And Jesus answered them, ‘Have faith in God. Truly, I say to you, whoever says to this mountain, “Be taken up and thrown into the sea,” and does not doubt in his heart, but believes that what he says will come to pass, it will be done for him. Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.’”

It’s easy to lose heart, grow cold, forget, when our prayers go unanswered. When God’s silence feels louder than God’s voice, remember that our Father is not like the reluctant neighbor or the unjust judge. He WANTS to hear our concerns, loves to respond, and invites us to keep coming back; again and again!

This week, we invite you to prayer as an act of engagement: a way to stand in the gap for others, contend for what is broken in your life, and participate in God’s redemptive work with shameless, persevering, watchful faith. I am confident that praying specifically for one another in your group this week will be a huge blessing to you and to them too!

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## Reflection & Discussion

How did these parables challenge (or change) your theological framework of prayer?

Which posture of prayer is most difficult for you to embody? Why?

In Luke 18 Jesus urges persistence in prayer with the words “...pray and don’t lose heart.” Are there specific prayers (maybe ones you’ve prayed for a long time) where you’ve felt your hope fading?

Take a moment to evaluate your “prayer life”. What words would you use to describe it currently?

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## Spiritual Practice Idea

Share one or two prayer requests and commit to pray for one another every day this week. Let this be a week of bold, persistent prayer; pounding on heaven’s door with faith and expectation! Then, when you meet again, take time to check in and see how God has responded!