



WEEK 2 – Abiding in prayer – *How do I talk with God?*

Weekly memory verse:

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:6

Abiding principle: Abiding in prayer is the daily practice of remaining aware of God’s presence, sharing our hearts with him, listening for his voice, surrendering our concerns, and aligning our hearts with his.

Day 1 – Learning conversational prayer

“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” 1 Thessalonians 5:16–18

Paul describes what he calls the will of God for his people in three simple statements: Rejoice always, pray continually, and give thanks in all things. To pray without ceasing is the goal of abiding prayer.

However, before all my “task-oriented” friends start building their action plan, I would like to clarify that the invitation Jesus extends to us is not merely about praying more but living with him more. Prayer was never intended to be limited to a few minutes in the morning or a quick few words uttered before a meal. It’s an ongoing relationship—a continual awareness of God’s presence throughout the day. This is what it means to abide in prayer.

Few people have described this better than Brother Lawrence, a humble monk who lived in a French monastery during the 1600s. After being injured in

war, he spent much of his life serving in ordinary ways like washing dishes, repairing sandals, and caring for the daily needs of the monastery. However, it was in those ordinary moments that he discovered an extraordinary secret.

He wrote: “That we should establish ourselves in the presence of God by continually talking to him, that it was a shameful thing to allow thoughts of trivial things to break into this conversation.”⁷

Notice he uses the word, “talking.” For Brother Lawrence, prayer wasn’t an event; it was a relationship. Whether he was working in the kitchen or walking through the monastery, he learned to continually turn his attention toward God. This rhythm of abiding prayer lies at the very heart of the Christian life. It is how we remain connected to Jesus, learn his heart, and become more like him in time.

This truth is illustrated in Luke 10:38–42, as Jesus visited the home of Mary and Martha. Martha busied herself preparing the meal and serving her guests. Mary, however, chose something different. She simply sat at Jesus’s feet, listening to him. Eventually Martha became frustrated, saying, “*Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!*” Jesus gently replied, “*Martha, Martha . . . you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.*”

Jesus wasn’t criticizing Martha’s service. He was correcting her priorities. It’s possible to become so busy doing things for Jesus that we neglect simply being with him.

If we’re honest with ourselves, many of us live more like Martha than Mary. Our schedules are full. Our phones constantly demand our attention. Notifications, responsibilities, conversations, emails, and endless information crowd our minds until we scarcely notice that Jesus is present with us. Abiding prayer calls us back to “the one thing.” There are three steps you can take as you begin learning the way of abiding prayer.

† Surrender your thoughts.

Every journey into God's presence begins in the mind. Perhaps the greatest obstacle to abiding prayer isn't a lack of desire; it's distraction. Never before has a generation carried so much information, entertainment, and responsibility in its pocket. We move from one notification to the next, one conversation to another, rarely allowing our minds to become still. Martha's struggle is our struggle. She was distracted by good things, yet those good things kept her from the best thing.

Abiding prayer begins by intentionally surrendering the thoughts competing for our attention. We lay down our worries, unfinished tasks, fears, and distractions before God. We choose to become present with the one who is already present with us. Often the first act of prayer isn't speaking; it's becoming still.

† Listen for his voice.

For some people, the idea of hearing God's voice may feel confusing or even intimidating. You might say, "I've never heard God speak." Most of us assume hearing God must involve dramatic moments or unmistakable directions for major decisions. Sometimes it does, but more often, God's voice comes quietly like the gentle whisper experienced by Elijah in the entrance of a cave on Mount Horeb (1 Kings 19:11–13).

As we practice abiding prayer, we begin to recognize his voice in ordinary moments. Sometimes he reminds us that we are his beloved. Other times, he convicts us when our attitudes drift, brings Scripture to mind, or prompts us to encourage someone. Most of all, he replaces the anxiety that once ruled us with his peace.

Learning to hear God's voice isn't primarily about receiving spectacular revelations. It's about becoming familiar with your shepherd's voice through daily relationship. The more time we spend with him, the more naturally we will recognize his whisper.

✚ Align your heart with his.

The ultimate goal of prayer is not merely receiving answers; it's becoming more like Jesus. As we abide in his presence, our desires will begin to change, and our priorities begin to shift. As worry loses its grip and our love for people grows, our hearts slowly begin to beat in rhythm with his heart.

This is why abiding prayer transforms us. We don't simply leave our prayer times with more information; we leave our prayer times becoming a different person! Day after day, conversation after conversation, Jesus shapes us into his likeness. That is the invitation of abiding prayer. Not simply to pray at certain moments . . . but to live every moment aware of his presence.

Reflection: What distraction do you need to surrender today so you can become more attentive to Jesus and remain in conversation with him?

Daily Devotion: Luke 10:38–42

Day 2 – Jesus's pattern of prayer

“One day Jesus was praying in a certain place. When He finished, one of His disciples said to Him, ‘Lord, teach us to pray . . .’” Luke 11:1

If you wanted to become a great golfer, you would probably study someone like Scottie Scheffler. If you wanted to become a master musician, you would learn from someone who had devoted years to their craft. The fastest way to grow is to learn from someone who already embodies what you hope to become.

And the same thing is true with prayer. The disciples watched Jesus heal the sick, calm storms, cast out demons, and teach with unmatched authority. Yet the only thing Scripture specifically records them asking him to teach them was this: *“Lord, teach us to pray.”*

Why? Because they had seen something in Jesus's relationship with his Heavenly Father that they longed to experience themselves. For example, throughout the Gospels, Jesus repeatedly withdrew to lonely places to pray (Luke 5:16). Before choosing the twelve disciples, he spent the entire night

in prayer (Luke 6:12). Before facing the cross, he poured out his heart to the Father in the Garden of Gethsemane. Even as he hung on the cross, his final words were prayers offered to heaven.

Prayer wasn't something Jesus squeezed into his schedule as much as it shaped his schedule. His public ministry flowed out of his private communion with the Father. The disciples understood that prayer was far more than a spiritual discipline. It was the way Jesus continually abided with his Heavenly Father. His acts of compassion, words of wisdom, and works of power emerged from a life deeply connected to God.

The disciples didn't simply want to learn how Jesus prayed; they wanted to experience the kind of relationship with the Father that Jesus enjoyed. Therefore, when Jesus answered their request, He gave them more than a prayer to recite. He gave them a pattern that provided a way to approach the Father. This pattern, often called the Lord's Prayer, was given to all his disciples—including us—to help us stay connected to our Heavenly Father. Let's reflect on this prayer:

- **Our Father**

Begin with relationship. Before God is your king, he is your Father. Prayer begins by remembering whose presence you are entering and letting your identity as a beloved son or daughter of the king shape how you approach him.

- **Hallowed be your name.**

Continue with worship. Lift your eyes from your circumstances and fix them on the greatness of God. Hallowed means “to be consecrated” or “set apart.” Let his name be set apart and lifted above every other name in your life.

- **Your kingdom come, your will be done . . .**

Surrender your agenda before the King of kings who reigns over all things. God's voice will never contradict his Word (Numbers 23:19). True prayer isn't about convincing God to accomplish your plans but welcoming him to accomplish his will in your life.

- **Give us today our daily bread.**

Trust God with today's needs. Bring him your worries, your burdens, and your requests, believing that he is your faithful provider.

- **Forgive us . . . as we forgive.**

Keep short accounts with God. Receive his grace and mercy and extend the same grace and mercy to others through forgiveness.

- **Lead us not into temptation . . .**

Depend on his strength. Acknowledge your need for his guidance and ask him to lead you in the path of righteousness.

"The Lord's Prayer" is much more than a prayer to memorize; it is a pattern for abiding. It teaches us to begin with relationship, center our lives on God's kingdom, trust him with our needs, walk in forgiveness, and depend on his strength. Prayer is less about finding the perfect words and more about continually returning our hearts to the Father. Every day, Jesus invites you to share in his relationship with the Father, to trust his care, and align your life with his will. The invitation remains the same: "When you pray, say, 'Father . . .'"

Daily Devotional Reading: Matthew 6:5–13

Reflection question: Which part of Jesus's pattern of prayer do you most need to practice today, and how can it shape your conversation with your Heavenly Father?

Day 3 – Praying scripture

"If you abide in Me, and My words abide in you, ask whatever you wish, and it will be done for you." John 15:7

Have you ever sat down to pray only to discover that, after a minute or two, you've run out of things to say? Most Christians have experienced that. Sometimes prayer feels difficult because we're trying to carry the entire conversation ourselves. We work through our list, make our requests, and then we wonder what comes next.

However, prayer was always supposed to be more of a conversation than a monologue, and one of the primary ways God speaks to us is through his Word.

Notice what Jesus says, “*If you abide in me, and my words abide in you . . .*” (John 15:7 ESV). Jesus doesn’t separate abiding in him from abiding in his Word. The two are inseparable. As the word of God takes root in our hearts, it begins to shape the way we think, the way we see our circumstances, and even the way we pray.

One of the most practical ways to grow in prayer is to stop treating Bible reading and prayer as two separate activities. Instead, weave them together. Read a few verses, pause, and then ask, “Lord, what are you showing me about yourself?” You can also ask, “What are you showing me about myself?” Thank him for what you’ve discovered. Confess where you feel challenged by his Word. Claim God’s promises over your life. Ask him to help you live what you’ve just read.

As you do, Scripture gradually becomes the language of your prayer life. Imagine reading Psalm 23 and praying: *Lord, thank you for being my shepherd. Would you help me trust that you will guide me and provide everything I need today?*

Another example could be found as you read Philippians 4 and pray: *Father, you tell me not to be anxious. I give you the worries I’ve been carrying and ask you to fill my heart with your peace.*

One final example could come when reading the beatitudes in Matthew 5, where it says, “*Blessed are the peacemakers, for they will be called children of God.*” Here you might pray: *Jesus, help me become a person who reflects these attitudes and character traits in my life, that I may spread your peace everywhere I go.*

Notice what’s happening. You’re no longer searching for something to pray; you’re simply responding to what God has already spoken. As we learned previously, reading the Bible and prayer can go hand in hand. Together they help you meet with God.

Donald Whitney said it this way: *“So basically what you are doing is taking words that originated in the heart and mind of God and circulating them through your heart and mind back to God. By this means his words become the wings of your prayers.”*⁸

As his Word fills your heart, your prayers begin to reflect his heart. Your desires slowly become his desires. His promises strengthen your faith. His truth reshapes your perspective.

Over time, you may discover that one of the greatest gifts of praying the scriptures isn't that your prayers become longer, as much as they become deeper. Because when God's Word abides in you, your heart begins to abide in him.

Reflection: How could praying Scripture help move your prayers from repeating familiar requests to having a deeper conversation with God?

Daily Devotion: John 15:4–8

Day 4 – Recognizing his voice

“My sheep hear my voice; I know them, and they follow me.” John 10:27

One of the greatest privileges of abiding prayer is learning to recognize the voice of your good shepherd. Notice that Jesus doesn't say, *“My sheep **might** hear my voice.”* He says, *“My sheep **hear** my voice.”* Hearing God's voice isn't reserved for pastors or missionaries. It is part of what it means to belong to Jesus. Like every healthy relationship, however, recognizing someone's voice develops through time, trust, and familiarity.

A story from the life of Peter Marshall beautifully illustrates both the mystery and the importance of listening. Before becoming chaplain of the United States Senate, Marshall was traveling through the Scottish moorland one dark evening. Taking what he believed was a shortcut across the moors, he unknowingly wandered toward an abandoned limestone quarry.

As he walked through the darkness, he suddenly heard a voice call his name. “Peter!” He stopped and looked around, but no one was there. Assuming he had imagined it, he started walking again. Once more, the voice came, but this time with greater urgency: “Peter!”

He stopped again. As he leaned forward to see through the fog, he stumbled to his knees. Reaching out his hand to steady himself, he discovered there was no ground in front of him. He was standing on the very edge of the abandoned quarry. One more step would likely have cost him his life.⁹

Whether God speaks through a dramatic moment or through a quiet impression, he is a father who delights in leading his children and communicating his heart for them. Most of the time, however, his voice comes much more gently than we might expect.

Most conversations involve two people speaking. Imagine meeting a close friend for dinner, where you talk without pause for an hour, then stand up, and say, “That was a wonderful conversation!” Your friend might not share the same sentiment. Why? Because it wasn’t much of a conversation at all. Yet this is often how we approach prayer. We speak, God listens, and then we move on with our day.

Dallas Willard suggests a reason for why we don’t listen well in prayer when he states, “Our failure to hear his voice when we want to is due to the fact that we do not in general want to hear it, that we want it only when we think we need it.”¹⁰ Listening in prayer is about developing a priority for hearing his voice above all our other priorities and desires.

Listening in prayer invites us to slow down long enough to let the conversation emerge. To be clear, listening in prayer is not primarily about hearing an audible voice. More often, God speaks in quiet and ordinary ways. He may bring a passage of scripture to mind. Sometimes he will convict us regarding an ungodly attitude or habit. Sometimes he’ll remind us of his promises or he may simply fill our hearts with unexpected peace. He might even put someone on your mind who needs encouragement.

The prophet Elijah expected God to reveal Himself through wind, earthquake, or fire, but instead, God came in a gentle whisper (1 Kings 19:11–13). He still does the same thing today. Learning to listen begins with learning to slow down. After you’ve finished praying, it’s then about resisting the urge to immediately reach for your phone or rush to the next task.

As you sit privately for a few moments, you could ask a simple question like, “Father, what do you want me to know today?” Or perhaps: “Is there someone you want me to encourage?” You might even ask, “Is there anything in my heart you want to change?”

After you have asked, then simply be still. Don’t force an experience or manufacture an impression. Simply make yourself available. Some days you may sense God speaking clearly, while other days may feel wonderfully ordinary, and either way it’s okay. Because like learning to recognize the voice of a close friend, discerning God’s voice develops through a lifetime of walking with him.

As you listen, remember these simple safeguards:

1. God’s voice will never contradict his word (Numbers 23:19).
2. His voice will always produce the fruit of the Spirit (Galatians 5:22–26).
3. His leading will always draw you closer to Jesus, never away from him (Revelation 3:20).

The goal of listening in prayer isn’t to experience something spectacular. It’s to become so familiar with your shepherd that, over time, you naturally recognize his voice amid the noise of everyday life. The more closely you abide with Jesus, the more familiar his voice becomes.

Daily Devotion: John 10:25–30

Reflection: What noise or distraction do you need to quiet so you can become more attentive to your Shepherd’s voice today?

Day 5 – The promises of abiding prayer

“Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.” Hebrews 4:16

One of my favorite stories about President Abraham Lincoln tells of a soldier who came to Washington, D.C. during the Civil War hoping to meet with the president. His son had been killed in battle, and he desperately wanted to plead his case before Lincoln.

Again and again, he was turned away. The guards stopped him at the gates, and secretaries refused his requests. They told him the president was simply too busy! Discouraged, the soldier sat on a bench outside the White House with his head in his hands.

A young boy noticed him and asked why he looked so troubled. After hearing the man's story, the boy simply said, "Come with me." Taking the soldier by the hand, the child walked confidently past the guards, through the halls of the White House, and straight into the president's office. Without hesitation, he opened the door and said, "Father, this man wants to see you." The young boy was Tad Lincoln, the president's son.

The soldier gained access to the president not because of who he was, but because of who he was with. Whether every detail of that story happened exactly as it has been told over the years has been debated, but the picture it paints is profoundly biblical.

Because of Jesus, we have access to the Father. We don't stand outside wondering if God is too busy, nor do we have to convince him to listen. Through Christ, we have been welcomed into his presence. That is the greatest promise of prayer! Every other promise flows from this one.

Because we have access to our heavenly father, there are a few promises that stir us to pray:

✝ We are never alone.

Paul reminds the church in Rome, "*In the same way, the Spirit helps us in our weakness . . .*" (Romans 8:26). Left to ourselves, we often don't know what to pray, how to pray, or even what we truly need; yet God's Word promises that we never pray alone. The Holy Spirit comes alongside us, guiding our prayers and helping align our hearts with the Father's will.

Paul also encourages believers to "*pray in the Spirit on all occasions with all kinds of prayers and requests.*" (Ephesians 6:18). Praying in the Spirit means depending upon the Holy Spirit as we pray, allowing him to lead, strengthen, and direct our conversation with God.

One of the beautiful ways the Holy Spirit helps many believers pray is through the gift of tongues. Paul explains that when we pray in a spiritual language, “*my spirit prays, but my mind is unfruitful.*” (1 Corinthians 14:14). This gift isn’t meant to replace praying with understanding, but to complement it. Like every spiritual gift, it is given to strengthen our inner life, deepen our communion with God, and build us up in our faith. (For more information, see Appendix C.)

Whether we pray with words we understand or through the Spirit’s enabling, we can rest in this promise: God has not left us to pursue him alone. His Spirit continually draws us into deeper fellowship with the Father.

† We find peace.

Paul writes, “*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*” Philippians 4:6–7

Prayer doesn’t always remove the storm, but it reminds us that we are not facing it alone.

† We experience his nearness.

In James 4:8 we find this promise: “*Draw near to God, and He will draw near to you.*” The more we practice his presence, the more aware we become that he has been with us all along.

† We receive wisdom and guidance.

When we don’t know what to do, God invites us to ask, because he delights in giving wisdom to those who seek him (James 1:5). Even more, he promises to faithfully guide those who trust him (Psalm 25:4–5). Sometimes he reveals the entire path, but more often he simply shows us the next step we are to take.

✚ We find strength.

Isaiah reminds us, *“Those who wait on the Lord shall renew their strength.”* (Isaiah 40:31) Waiting in God’s presence is never wasted time. The Holy Spirit renews weary hearts, strengthens weak faith, and gives grace for each new day.

✚ We discover lasting joy.

Jesus told His disciples, *“Ask and you will receive, so that your joy may be complete.”* (John 16:24) The deepest joy isn’t found merely in receiving what we ask for; it’s found in walking closely with the one who loves us and knows us by name.

As we abide in God’s presence through prayer, the Holy Spirit not only helps us pray, he also transforms us as we pray. Day after day, he patiently shapes us into the likeness of Christ. Our fear becomes faith, our selfishness becomes love, our anxiety gives way to peace, and our hearts gradually begin to reflect the heart of Jesus.

Every promise of prayer begins with one incredible reality: Through Jesus, you have access to the Father, and you are always welcome in his presence. Every time you come to him, he is ready to receive you with grace, mercy, wisdom, strength, and love.

Reflection: Which promise of abiding prayer do you most need to embrace today (i.e., peace, wisdom, strength)? How will you intentionally respond to that promise today?

Daily Devotion: Hebrews 4:14–16

Day 6 – Pitfalls to avoid in prayer
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“But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.” Matthew 6:6

As the story goes, a pastor’s young daughter had been especially disobedient one Monday during the summer. After one too many acts of disobedience,

her mother told her she would not be allowed to attend the church picnic that Saturday.

Over the next several days, however, the little girl behaved so well that her mother changed her mind, saying, “I’ve decided you can go to the picnic after all.”

Instead of smiling, the little girl looked disappointed. “What’s wrong?” her mother asked. “I thought you’d be excited.” The little girl sighed and replied, “But it’s too late . . . I’ve already prayed for rain.”

It’s a cute story, but it reminds us of a very important truth. That it’s not only whether we pray that matters; it’s our understanding of prayer and how we pray that matters.

Jesus knew it was possible to pray often while completely missing the heart of prayer. That’s why, in Matthew 6, he spends more time correcting the way people prayed than convincing them to pray in the first place. Like every healthy relationship, our relationship with God can develop patterns that strengthen it or that slowly weaken it.

Here are four common ways we drift from the heart of prayer:

1. Turning prayer into a transaction.

One of the easiest ways to misunderstand prayer is to treat it like a transaction instead of a relationship. We bring our requests, and then we expect immediate results. If the answer doesn’t come when or how we hoped, we become discouraged or wonder whether prayer really works.

Without realizing it, we’ve begun treating God like a vending machine. Just insert the right prayer and expect the desired outcome to come out; but that’s never how Jesus described prayer.

Prayer isn’t about getting God to do what we want. It’s about drawing near to the Father and learning to trust his heart. Healthy relationships aren’t built only when someone needs something; they’re built through regular communication, and the same is true with God.

Don’t measure the health of your prayer life by how many requests are answered. Measure it by how closely you’re walking with Jesus.

2. Going through the motions.

Jesus warned His followers not to think they would be heard because of “many words.” (Matthew 6:7) He also warned against praying so other people would notice how spiritual they appeared. One group wanted to impress God, and the other group wanted to impress people. However, both missed the point.

Prayer was never meant to become a performance. God isn’t looking for polished prayers or impressive vocabulary. He’s looking for surrendered hearts. In fact, sometimes the most powerful prayer you’ll pray all day is simply, “*Father, I need you.*”

3. Forgetting to listen.

The words of young Samuel in 1 Samuel 3:10 are simple but profound: “*Speak, Lord, for your servant is listening.*” Too often, our prayers consist only of speaking. We pour out our requests, say “Amen,” and rush on to the next thing, but prayer was never intended to be a one-sided conversation.

Abiding prayer slows us down, leaves room for silence, and gives the Holy Spirit space to search our hearts. In that space, we will often find the encouragement or direction we need. Don’t be afraid of a few moments of quiet before God. Not every moment of silence will produce an immediate impression, and that’s okay. Learning to recognize the voice of our Good Shepherd takes time. Sometimes the most important part of prayer begins after we’ve finished talking.

4. Losing heart when God seems silent.

Perhaps no obstacle discourages prayer more than unanswered prayer. Most of us have prayed for healing that didn’t come or a relationship that wasn’t restored. Perhaps it was a prodigal who didn’t return or a door we desperately wanted God to open, but that instead remained closed.

When those prayers seem to go unanswered, it’s natural to wonder, “*Is God listening?*” Scripture assures us that he is indeed listening, and sometimes God answers yes, other times he answers wait, and sometimes, in his perfect wisdom and love, he answers no.

His answers are always shaped by what he knows and what he sees, even when we cannot. The greatest temptation during seasons of unanswered prayer is to start pulling away from God. Over time, we can be prone to stop asking, stop expecting, and maybe we even stop praying altogether.

Yet those difficult seasons are often the very moments God is inviting us to come closer. Think about Jesus in the Garden of Gethsemane. He prayed, *“Father, if it is possible, let this cup pass from me.”* The Father’s answer was not the one Jesus requested; yet through that painful surrender came the greatest victory in history.

Sometimes prayer changes our circumstances, but it will always change us when our hearts are surrendered. You see, unanswered prayer becomes an invitation to deeper trust, greater dependence, and a more mature faith.

Looking back, many of us can identify prayers we’re grateful God didn’t answer the way we wanted. His wisdom proved greater than ours, and his timing proved better as well. You may have even found his presence became more precious than the answer you were seeking.

Don’t let disappointment drive you away from prayer. Let it draw you more deeply into the Father’s presence. You may not always understand the working of his hand, but as you continue to abide with him, you’ll learn that you can always trust his heart.

Every pitfall in prayer ultimately pulls us away from relationship. Every healthy pattern in prayer is what draws us back to relationship. The goal of prayer has never been simply to get something from God. It has always been to know him more deeply.

As you continue to abide in his presence through prayer, you’ll discover that the greatest reward isn’t merely answered requests. The greatest reward is becoming more like the one you’ve been spending time with.

Reflection: Is there a habit or attitude in your prayer life that has been pulling you away from simply enjoying God’s presence? What is one step you can take today to return to prayer as a relationship rather than a routine or transaction?

Daily Devotion: Matthew 6:5–8

Day 7 – From learning to living

Daily Devotion: Colossians 4:2–4

Take a few moments to reflect on what God has been teaching you this week. Ask him to help you move beyond simply learning about prayer to living a life of abiding prayer.

1. Looking back over this week, what has God been showing you about your relationship with him through prayer?
2. Which area of prayer do you most want to grow in right now?
3. Is there anything that has been hindering your prayer life? What is one step you can take to overcome it?
4. What specific rhythm will you commit to this week to help you become more aware of God's presence?
5. Who can encourage you and pray with you as you continue developing a life of abiding prayer? Share one thing with them that God has been teaching you this week and ask them to pray for you.

Prayer: Jesus, thank you for inviting me into a daily relationship with you. Thank you that because of your sacrifice, I can come boldly into the Father's presence at any time. Help me not simply to pray more, but to abide more deeply. Teach me to listen as well as speak, to trust you when answers are delayed, and to depend on the Holy Spirit in every conversation I have with you. Make prayer the steady rhythm of my life, not just my response in moments of need. Draw me closer to your heart each day until my life increasingly reflects your love and your presence in this world. Amen.

My Abide commitment

Before moving on, write one simple commitment describing how you will intentionally cultivate a deeper prayer life this week.

My commitment and reflections:

[illegible]

[illegible]

[illegible]