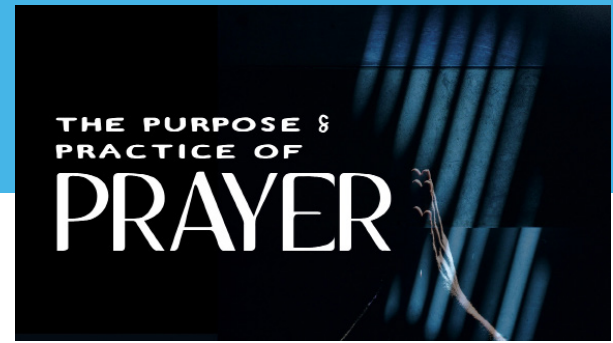


Prayer Practice

The Lord's Prayer



Matthew 6:9-13

Each day set aside a few minutes to pray through this prayer. As you do, prepare your heart and mind. Recognize that you are in the presence of our dearest Lord and "Abba" Father.

As you pray out each line, prayerfully consider the significance of those words and pray them out to the father.

Linger on each stanza. Pray whatever comes to mind.

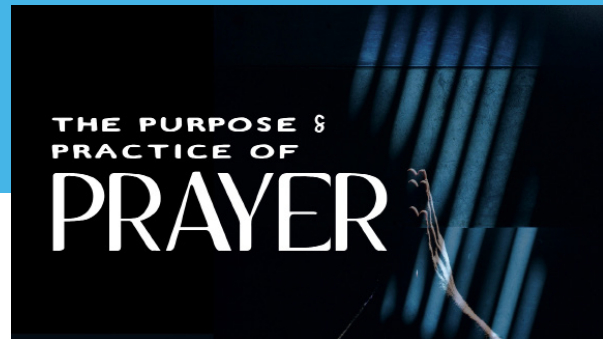
As you pray, "your kingdom come, your will be done," actively seek the Lord for what that looks like for you today.

As you pray "forgive us our debtors as we have also forgiven our debtors," ask the Holy Spirit to show you if there are any areas where your "fist is clenched" in unforgiveness.

***Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from the evil one.***

Prayer Practice

Psalm 23



Each day set aside about ten minutes to pray through this prayer. As you do, prepare your heart and mind. Recognize that you are in the presence of our of Great Shepherd who deeply cares for us.

As you pray out each line, relax in the moment alone with God. Pause and allow God to fill your thoughts.

Pray out to Him whatever comes to mind then move on to the next verse and do the same thing again.

Linger for awhile on the reality that God is with you in the midst of the adversity and pains of life.

Also prayerfully dwell upon His complete sufficiency to take care of all our needs and or need to follow Him.

Psalm 23

The Lord is my shepherd; I shall not want.

He makes me lie down in green pastures.

He leads me beside still waters.

He restores my soul.

He leads me in paths of righteousness

for his name's sake.

Even though I walk through the valley of the shadow of death,

I will fear no evil, for you are with me;

your rod and your staff, they comfort me.

You prepare a table before me

in the presence of my enemies;

you anoint my head with oil;

my cup overflows.

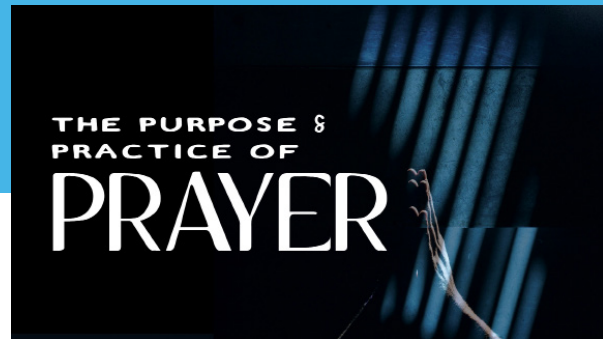
Surely goodness and mercy shall follow me

all the days of my life,

and I shall dwell in the house of the Lord forever.

Prayer Practice

Praying Through Psalm 139



Pray through the Psalm section by section. As you pray, try to keep the reality of God's goodness, kindness, gentleness and compassion at the forefront of your mind.

If short of time, really focus on the final step of vs 23-24.

Pray out verses 1-6, linger where led

You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue you, Lord, know it completely. You hem me in behind and before, and you lay your hand upon me. Such knowledge is too wonderful for me, too lofty for me to attain.

- **Thank the Lord that you are FULLY known**
- **Praise Him that He loves us even knowing every one of our faults.**

Pray out verses 7-12, linger where led

Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast. If I say, "Surely the darkness will hide me and the light become night around me," even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.

- **Thank Him that He is present in all circumstances**
- **Acknowledge the areas you try to keep dark and praise Him, that He sees it like Light.**

Pray out verses 13-18, linger where led

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. How precious to me are your thoughts, God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand - when I awake, I am still with you.

- **Pray out a prayer of thanks that He is in control & sovereign.**
- **Confess where you struggle to trust Him.**

Pray out verses 19-22, linger where led

If only you, God, would slay the wicked! Away from me, you who are bloodthirsty! They speak of you with evil intent; your adversaries misuse your name. Do I not hate those who hate you, Lord, and abhor those who are in rebellion against you? I have nothing but hatred for them; I count them my enemies.

- **Ask the Lord to help you to see the people around you with his eyes.**
- **Picture those who are your “enemies,” or those who you are in conflict with and ask the Lord for His heart for them.**

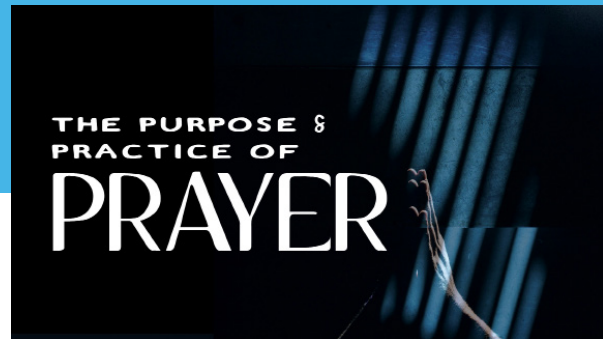
Pray out verses 22,23, linger where led

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

- **Focus your heart upon God’s loving kindness and joy over you.**
- **Ask God to show you where there is a lack of trust or anxiousness and where you are living in ways contrary to His heart for you.**
- **If you feel condemnation or shame, take that back to God and ask Him to help you see His love for you in the midst of your brokenness and his desire to see you walk in freedom.**
- **Repent where needed and thank God for his tender, gracious love.**

Prayer Practice

Meditate on Scripture



Prayerfully Meditate on a passage of Scripture this week using the following steps:

Choose whichever passages you prefer, but here are some recommended passages to start with:

John 15:9-13

John 17:20-23

Psalms 23

Matthew 5:3-9

Ephesians 2:4-10

Psalms 46:1-7

Psalms 121

Lamentations 3:21-25

READ

Read the passage out loud (if possible) a few times slowly

Listen for any phrase that stands out to you

Spend a minute or two in silence, see which phrase or verse resonates

REFLECT

Read slowly through it again a couple times

Spend a few minutes in silent prayer reflecting upon the verse/phrase

Be listening for what God is speaking to you through this verse/phrase

RESPOND

Take what has been highlighted to God in prayer

This may involve repentance or an action step or praise

Prayerfully apply whatever truth you have been focusing on to your life

REST

Take a couple minutes with your eyes closed & enjoy God's presence and marvel at His love

In the stillness He may invite you to dialogue further

If not, just rest in God for a few minutes

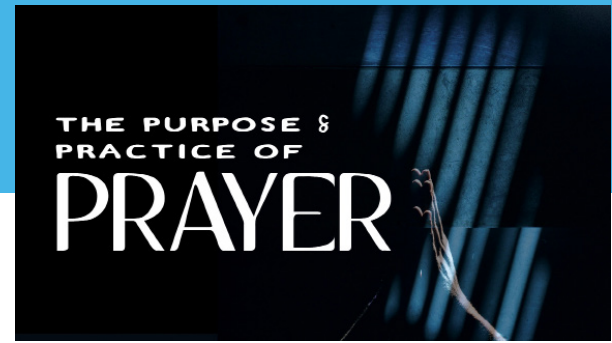
RECALL

Throughout the day/week recall the phrase you reflected upon

Let the Lord remind you of what He is speaking to you whenever you do

Prayer Practice

The Daily Examen



Pray the Examen at least 3 times this week. You can adapt it, but use the steps below at least a couple times. This should take between 10-15 minutes.

Step One: Gratitude (appx 1-2 minutes)

- Begin by giving thanks with a posture of gratitude for all God has done today.

Step Two: Guidance (appx 1 minute)

- Pray for the light and love of God's Spirit to guide you as you pray.
- Take a minute to ask for the Holy Spirit to direct your thoughts as you pray.

Step Three: Review the day (appx 5-10 minutes)

- Ask the Holy Spirit to guide you in going back through your day from morning to evening and see the day from His perspective.
- Do this first focusing on where you were aware of His presence and where your actions and heart were in step with Jesus.
- Then go back through again and look for where you missed Him during the day and the opportunities to partner with Him in loving others.

Step Four: Forgiveness (appx 2 minutes)

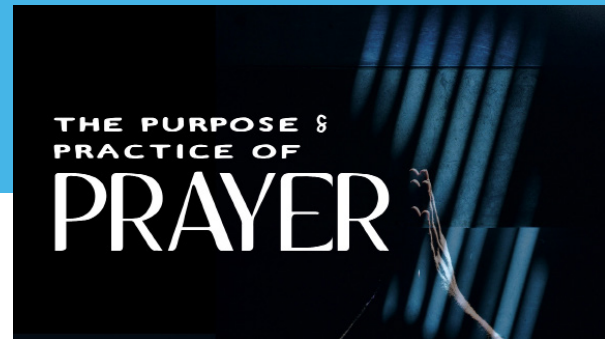
- If not already clear by this point, ask the gentle and compassionate Lord to show you any areas where you need to repent.
- Receive His forgiveness and love.

Step Five: Look Forward (appx 2 minutes)

- Look to the following day and, with God, make specific plans in how you will walk in step with God's loving desire for your life.

Prayer Practice

Entering Into the Text



This week, practice this form of “Entering into the text” a few times. Pick any story from the gospels and follow the steps below. We have provided a guided example for the first passage. We have also provided a few Gospel stories that are very conducive to this style of prayer. Pick any story from the gospels (or other scripture).

1. Remember that God is present with you

2. Read the Gospel passage a couple times

3. Imagine the scene and walk through it with your imagination

- Imagine the scene and walk through it with your imagination
- Put yourself in the scene
- Pay attention to what you see, hear and feel
- Look at what Jesus is doing
- Listen to what He says
- Look at the people around and what they are doing and feeling?
- How are people responding to Jesus?

4. Finish by taking a moment to speak with Jesus

- Reflect on what you have seen
- Process what how this passage applies to you
- Listen to what he might say back to you

Guided example for John 8:2-11

If you would like a bit of prompting, here is a guided walk through of the passage.

Imagine the chaos of this scene at the temple play out. Feel the crowds of people surrounding Jesus as He sits down and teaches. Some important people drag a scared woman in front of everyone and make a circle around her. Hear the gossips in the crowd talking about her. Hear the anger in the voices of the leader as they accuse her of adultery, then demand Jesus pronounce judgment to stone her. See her face as she shirks in fear and shame, still wearing the clothes from when she was pulled away in the act. Watch Jesus’ reaction as He looks at her. Then, as the indignation of the men rises, watch as Jesus is in no rush and draws on the ground. They keep yelling questions at him, some are picking up stones, demanding action. Sit with the tension of this. Feel what she would be feeling at the time alone & scared. Then look at Jesus’ face as He tells them that the one without sin should cast the first stone. Watch Him go back and draw again, never giving in to their anger and spite. Then watch as one by one, the men drop their stones and walk away. Watch the angry leader walk away defeated. Then look at the face of the woman as Jesus stands up, looks around, and tells her there is no one to condemn her. She looks into His eyes as He says, “Neither do I condemn you. Go home and sin no more.” Watch her body language, imagine what she would be saying. Feel her elation and joy of experiencing unconditional love for the first time she can remember.

For the last step, watch Jesus turn to you. Lay out whatever sin or brokenness you have wrestled with. Hear him say to you. “I do not condemn you.” Receive His love. And endeavor, by His strength to seek to move on a path towards Him and away from the disordered desires.

Other good passages to use (though any gospel story can be used)

Luke 17:11-19 - Jesus heals the ten lepers

John 13:2-11 - Jesus washes the disciples feet

Mark 4:35-41 - Jesus Calms the Storm

Matthew 14:22-133 - Jesus Walks on Water

Matthew 14:13-21 - Jesus Feeds the 5,000

Luke 5:1-11 - Jesus Calls Disciples to be Fishers of men

Matthew 9:9-13 - Jesus Calls Matthew & Eats with Sinners

Mark 12:41-44 - The Widow's Mite

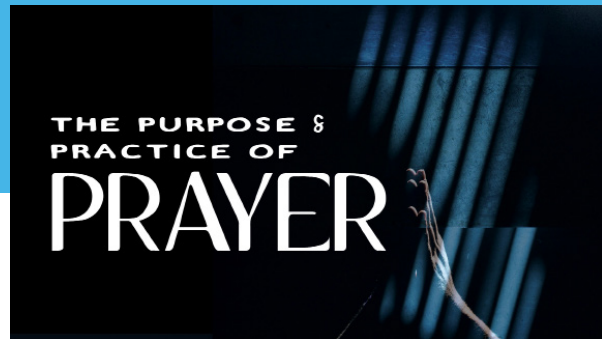
Luke 23:44-56 - the Death & Burial of Jesus

Luke 23:33-43 - The Crucifixion of Jesus

Luke 24:13-35 - The Road to Emmaus

Prayer Practice

Praying For One Another



- Take 10-20 minutes and read through each of the 4 prayers of Paul for the church listed below. Write down the things Paul prays for the people in that prayer in the space provided. You can find the full text of each passage on the back side of this paper.

Ephesians 1:15-18

Ephesians 3:16-19

Philippians 1:3-4,9-11

Colossians 1:3-4,9-12

Summarize into 4-6 points the main things Paul prays for in these prayers.

- A few times this week, pray for specific followers of Jesus around you. Ask the Lord who you should pray for and lift up in prayer whoever comes to mind, taking into consideration the circumstances you are aware they are facing, and then use this summary of prayer points to pray over them.
- At least twice this week, seek to pray for someone while you are with them.
 - When praying for someone you are present with, first ask them if there is anything specific you can be praying for.
 - Then take a few seconds and quietly ask the Holy Spirit to lead you as you pray. Listen to see if there is any direction He gives you.
 - Start with gratitude for what they are doing well
 - Pray for whatever it is they have shared if they mentioned something specific.
 - Then pray in whatever way the Spirit leads you.
 - Pray in some of the same ways that Paul prayed.
 - That they would be empowered by the Spirit
 - Grow in the knowledge of God and how amazing God's love towards them is.
 - Be eternally minded
 - Practically live and love like Jesus

Ephesians 1:15-18

For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God's people, I have not stopped giving thanks for you, remembering you in my prayers. I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people,

Ephesians 3:16-19

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Philippians 1:3-4,9-11

Every time I think of you, I give thanks to my God. Whenever I pray, I make my requests for all of you with joy...I pray that your love will overflow more and more, and that you will keep on growing in knowledge and understanding. For I want you to understand what really matters, so that you may live pure and blameless lives until the day of Christ's return. May you always be filled with the fruit of your salvation - the righteous character produced in your life by Jesus Christ - for this will bring much glory and praise to God.

Colossians 1:3-4,9-12

We always thank God, the Father of our Lord Jesus Christ, when we pray for you, because we have heard of your faith in Christ Jesus and of the love you have for all God's people - We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience, and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light.