



Pray

PRACTICES OF
PRAYER AND WORSHIP

Prayer

*"To pray is to change. Prayer is the central avenue God uses to transform us."*¹⁴

Richard Foster

Description:

- Mission begins with a posture of prayer and an intimate relationship with Jesus Christ. Marjorie Thompson states, "prayer expresses our relationship with God."¹⁵ Richard Foster adds to this by saying, "of all the spiritual disciplines prayer is most central because it ushers us into perpetual communion with the Father."¹⁶ The practice of regular prayer, growing one's relationship with Jesus, both individually and corporately, is the foundation we see for missional living and growth of the Early Church and the Majority World church.¹⁷

Bible:

- Passages to explore are Mark 1: 35-38, Luke 6: 12, Mark 6: 46, Matthew 26: 36-46, Acts 2: 42-47, Acts 4: 23-31, Acts 6: 4

Reflection Questions:

- Constant communication with the Father was part of Jesus' rhythm and it appears through the gospels that one of Jesus' connection points was in nature (eg: mountainsides, lakes, grainfields, beaches, and gardens). What is your rhythm of prayer? How do you connect regularly with Jesus? Describe how this impacts your day-to-day life?
- Mike Breen says, *"Prayer was as fundamental an element in the life of Jesus as breathing. He inhaled His Father's presence so He could exhale His Father's will."*¹⁸ What obedience steps for mission has Jesus impressed upon during times of prayer? Discuss.

Missional Prayer Practices:¹⁹

- Prayer and Fasting – give up or surrender a certain 'appetite' and turn to God and pray
 - Fasting is quieting the distraction, it changes us as we seek God, realign with God's will and ways
 - Fast and pray for people who don't know Jesus to come to know Him

- Intercessory Prayer – seek God’s heart for the world
 - Intentionally ask God to break through into our world to complete His mission
- Breath Prayers – a simple prayer of a heartfelt desire before God
 - For example: Breathe in “Jesus”, breathe out “let me share you today” or “Come, Holy Spirit” or breathe in “Lord lead me”, breathe out “to share you with others”
 - Write a missional breath prayer below
- Prayer walking – walk and pray in particular places to align with Jesus' heart for the area
 - Walk the local neighborhood praying for your neighbors and the area
- Prayer Partners – to share the prayer journey in a supported accountable relationship
 - Share and pray regularly with a trusted friend

Living the Practice:

- Choose a practice from above and experiment with it during the week

Next steps Further Engagement:

- Who can you develop an accountable relationship with to commit to praying for people to come to know Jesus?
- Engage with a CBC Prayer meeting