



# Prayer

## How do we meet with God?

Prayer is the centre-point of life with God. It should be woven into the fabric of our morning routine, our weekly schedule. We should make time for prayer every single day. Even if we have to stay up all night. It is here where we get to enjoy the Father's company. Prayer is our opportunity to interact with the Creator God and participate in his work of bringing redemption to earth. This practice will explore areas of prayer like contemplation, intercession, lament, unanswered prayer, imaginative prayer, and listening prayer.

## 1. TEACHING ON PRAYER – *Being renewed:*

Visit <https://practicingtheway.org/practices/prayer> to listen to the following teachings and ideas how to practice prayer. You can also find recommended reading on this practice.



**Teach Us to Pray** Luke 11v1-4. Prayer was the center point of Jesus' relationship with the Father. It was woven into the fabric of his daily life, and it seems like it wasn't a chore for him – he really enjoyed his Father's company. Most of us can't relate to that. Prayer feels boring or awkward or hard. Could it be that we have yet to experience prayer like Jesus? In Luke 11, Jesus' disciples ask, Teach us to pray! Jesus' answer is a framework for prayer that has the potential to open up a whole new dimension to our life with the Father.

**Intercessory Prayer** Luke 11v1-13. Often when we think about "prayer," what comes to mind is asking God for stuff. Prayer is so much *more* than that; but it's not less! In this teaching, we look at Jesus' commands to "ask," and wrap our head around why Jesus thinks this kind of prayer is so important.

**Listening Prayer.** 1 Corinthians 2v9-16. When Paul says that we have "the mind of Christ" he's getting at something profound: We can actually know the thoughts of God. Through the practice of listening prayer we can begin to distinguish God's voice and heart from everything else that can occupy our minds.

**Fixed Hour Prayer.** 1 Thessalonians 5v16-18. We tie off our series on prayer with Paul's command to "pray constantly." What exactly does he mean? Go join a monastery? Or is he inviting us to a life of "the practice of the presence of God"? John Mark Comer teaches out of his own life journey: to slow down, open up to the flow of the Spirit, and arrange each day around abiding.



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## 2. PRACTICE PRAYER – *Being intentional:*

Visit <https://practicingtheway.org/practices/prayer> and click on each of these circles for more ideas and resources how to practice prayer.

1

### The Basics & Lord's Prayer

For most of us, prayer is a weak point in our apprenticeship to Jesus. Let's begin by creating a rhythm of daily prayer.

2

### Contemplative Prayer & Examen

Prayer is about being in active relationship with a Person which includes all kinds of habits of communication.

3

### Intercessory Prayer & Prayer Cards

This form of prayer finds its home in our desire to see God radically change lives and circumstances around us.

4

### Unanswered Prayer & Lament Psalms

If we are honest, prayer can be a frustrating experience when we feel that they go unanswered.

5

### Singing Prayer

Singing is one of the most intimate forms of prayer. Sung prayer changes us and moves the hand of God.

6

### Imaginative Prayer

When our imaginations provide us with images that correspond with God's truth, they have the potential to transform us.

7

### Listening Prayer

In listening prayer we ask the question: "What is it like to actually hear from God?"

## 3. TAKE STEPS TO GROW IN COMMUNITY:

- A. To grow in this practice, what is **one idea you want to experiment with this coming week?** How will you do that?

*An active way that we are able to intentionally pray for our church community is to join the **e-prayer** list. As prayer points arise for our church community they are sent out as an email for people to pray. If you would like to join this list, please email Debbie - [office@tcbc.org.au](mailto:office@tcbc.org.au).*

- B. **Is there someone that you could connect with for mutual encouragement, learning and accountability to deepen in this practice?**<sup>1</sup> It might be your spouse, someone in your life group or someone else at this workshop.

<sup>1</sup> This is a practical way we can fulfill our vision together at TCBC "Transforming lives through Christ-centred community"

*"Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching" (Hebrews 10:24-25).*