

Take some time as you begin to write out how you are feeling as you approach your prayer experience?

Trustworthy	Undefeated	
Enduring	Shelter	Meek
Faithful	Way	Burden-bearer

PRAYING TOGETHER (10-15 MINS)

- Read through Psalm 8, 1-2 times slowly out loud.
- What catches your attention in this passage? Name out loud what stands out to you.
- Read the names and character of God below.

Eternal	Almighty	Father
Gracious	Anchor	
Bread	Bridegroom	

Holy	Master	Merciful
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Near	Creator	Healer
Counselor	Advocate	Hope
Judge	Infinite	Joyful
Divine	King	
Compassionate	Keeper	Life

Listener	Emmanuel	Dwelling
Love	Peace	
Nourisher	Nurturer	Present

Pure	Restorer	
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Protector	Perfect	Praiseworthy
Refuge	Redeemer	Shepherd

Vine	Unhurried	Tender
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- Which names/characteristics make you pause and draw you into deeper reflection/praise?

PRAYING IN SOLITUDE (45-60 MINUTES)

- Find a quiet spot to sit, take a walk, be present with the Lord.
- Begin your prayer time by taking a few minutes to sit in silence.

We encourage you to remain open to how this time can be spent with God. The next few pages are examples of how you can enter this time. However, you are not required to do everything in this booklet. We do encourage you to spend time listening.

"In twenty minutes, I must have had twenty thousand thoughts...how wonderful! Twenty thousand opportunities to return to God."

We tend to think of prayer as something we do in order to produce the results we believe are needed or, rather, to get God to produce the results...as a result, our prayer tends to be a shopping list of things to be accomplished, an attempt to manipulate the symptoms of our lives without really entering into a deep, vital, transforming relationship with God."

~ M. Robert Mulholland ~

Take a moment to acknowledge God's presence with you. How are you entering this time, and what are your hopes as you spend time alone with

Him?

Let them flow freely before the Lord who loves you.

- Contemplation: Deeply receive God's Word and rest in His presence and love. Give yourself time to wait and be still before Him. Stay until you feel prompted to leave.

*Description by Adele Ahlberg Calhoun, *Spiritual Disciplines Handbook*

LECTIO DIVINA (DIVINE READING)

Use this to guide you through Scripture...

- Pick a passage to read (Psalm 139 or Ephesians 1:3-14).
- Silencio: Become quiet and offer yourself to God (Romans 12:1).
- Lectio: Read the passage out loud, slowly allowing the words to resonate and settle in your heart. Linger on the word or phrase that catches your attention and savor it as a gift from God to you.
- Meditatio: Read the passage again and listen to where the word connects with your life right now.
- Oratio: Read the passage one more time, listening attentively. Allow the passage to lead you into a prayer response. Do not censure your thoughts or requests.

PRAYING FOR OTHERS

Prayer & Reflection

Jesus said, "Pray then like this: 'Our Father in heaven, hallowed be Your name. Your Kingdom come, Your will be done, on earth as it is in heaven. Give us this day 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 evil'" (Matthew 6:9-13).

We live in the tension of the already, not yet, of God's Kingdom. Yes, we await the glorious day when Jesus returns and we get to enjoy perfect fellowship with God, AND we live on this side of eternity where God is still transforming hearts and minds. We get to live as ambassadors of Christ here on earth!

Just as Jesus prayed, "If it is possible, let this cup be taken from me...yet not as I will, but as You will," so too we pray for the concerns of our own hearts and for the needs of others, trusting that His will be done in everything. Who can you pray for today?

Prayer & Reflection

DEBRIEF (30-45 MINUTES)

Rejoin your group and break your fast together with food you brought! Spend time in discussion with your group.

- What was it like to fast in preparation for the Prayer Experience?

- What did fasting reveal to you about yourself? About God?
- How was your time alone with God?
- What came up in you during that time?
- What was one word to describe your experience today?
- Close your time thanking the Lord for today