



IN: A GUIDE FOR SPIRITUAL FORMATION!

JOSH REED // NOVEMBER 3, 2019

HOW DO WE PRAY?

Spiritual Formation: Regular practices motivated by God's affection for us and our returning affection for God that place us where God can transform our souls.

"Whenever God determines to do a great work, he first sets his people to pray." - Spurgeon

What is prayer?

Prayer ranges from "sighs too deep for words" (Rom. 8:26) to petitions and thanksgivings, to psalms, hymns, and spiritual songs, (Col. 3:16) to the silence of a person present to God in attentive adoration.

– Eugene Peterson

John 15:4-6

James 5:16

Holy Experiments: How can we pray?

JOURNAL

Psalms: The school of prayer

The first thing we realize from the Psalms is that in prayer anything goes.

Virtually everything human is appropriate as material for prayer: reflections and observations, fear and anger, guilt and sin, questions and doubts, needs and desires, praise and gratitude, suffering and death. Nothing human is excluded.

The psalms are a demonstration that prayer brings us into the welcoming presence of God.

Examples: Write psalms/letters to God, Draw, No lines, Multiple colors

Journaling Rule #1: There are no rules.

Read through various psalms, "Let them nourish you, wash over you, and bring you into closer community with God"

Psalm 1; 63; 77; 100

INTERCESSORY PRAYER

We are enabled to pray for others with entirely new authority because of Jesus' resurrection (Foster: pg 193)

Nothing is more important to a life of prayer than learning how to become a branch (Foster: pg 195)

"Prayer is to intercede for the well-being of others before God." - Augustine

Exodus 17:8-13 Aaron and Hur praying behind the scenes

We know that battles are raging in the lives of so many friends and family, in prayer we hold each other up
Who needs your prayers?

Everyone deserves to be prayed for everyday, who isn't being prayer for? Pray for one another, pray for your neighbor, pray for your enemy, pray for your friend, pray for all.

LISTEN - the first expression of communication in prayer

Be still and move on - this begins with silent attention to God.

The Prayer of Examen

Sometimes we need to slow down and/or eliminate things from our lives. Other times, there are essential and good things that keep us busy; how do we continue in prayer while being busy with good things?

How can you incorporate prayer into your daily routines?

REFLECT

Questions to reflect on your time of personal silence, with the family and / or in your life group.

1. Share our understanding of what the message was about?
2. How can we apply and integrate this message into our life?