

PRAYER EXPERIENCE

Before they call I will answer; while they are still speaking I will hear. Isaiah 65:24

The Church of Scotland defines prayer this way: “Prayer is an offering of our desires unto God for things agreeable to His will, in the name of Christ, with confession of our sins and thankful acknowledgment of His mercies.” This summarizes well the components of prayer. Our hearts should be set right before praying and our desires within God’s will in all things we bring to Him.

PREPARING FOR YOUR PRAYER TIME

Look Up: By focusing first on the greatness and goodness of God.

Go Deeper In: Into God’s truth and what it reveals about who He is, and who He is calling us to become.

Pray Out: That His kingdom would come to transform our hearts and the world around us.

GROUP PRAYER TIME (30 MINUTES)

All things begin first with God... His glory, majesty and power. We want to begin our time by simply looking to Him and acknowledging His worth above all things. In looking up we set out to focus our hearts together on Him.

- Scripture Reading 1: Psalm 8
- Silent Reflection
- Responsive Group Prayer

- Scripture Reading 2: Philippians 2:1-11
- Silent Reflection
- Responsive Group Prayer

- Scripture Reading 3: Psalm 148
- Silent Reflection
- Responsive Group Prayer

INDIVIDUAL PRAYER TIME (60 MINUTES)

In prayer we are led by the Holy Spirit to look deeper in. Deeper into the truth of His word and deeper into our own hearts as He reveals to us those areas that we have attempted to hide away from His view and the view of others. Take time to allow Him to speak by His word and by His spirit as you journey deeper in.

Divine Reading (Lectio Divina)

1. **Read:** Don't give into the temptation to simply glance over these passages, some of which may be very familiar to you. Take time to read them and in turn allow them to read you. You may find it helpful to read each passage a few times pausing each time before reading and asking God to speak the truth of each word to your heart.
2. **Reflect:** After reading allow time and space to reflect or ponder in your heart what you have just read. Allow God's word to become His word to you and illuminate the deep truth of the text by the Holy Spirit.
3. **Pray:** After you've read and reflected on the passage move on to prayer. Through your spoken and written word and dedicate the truth of His word to Him in your heart.
4. **Contemplate:** Then contemplate on the truth of what has been revealed through His word. God speaks... take time, listen, wait and rest in the reality of His presence and the fullness of His love.

- Scripture Reading 1: Psalm 139
 - Silent Reflection
 - Responsive Prayer/Journaling
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- Scripture Reading 2: Romans 6:1-14, Ephesians 3:14-21
 - Silent Reflection
 - Responsive Prayer/Journaling
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- Scripture Reading 1: Ephesians 1:3-11, Galatians 5:16-26
 - Silent Reflection
 - Responsive Prayer/Journaling
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DEBRIEF, CELEBRATION, AND BREAK YOUR FAST: ALL TOGETHER (45 MINUTES)

Close your time in prayer together and for each other. Share needs and requests. Pray for our community, City, State, Country, & World.

After your prayer time, take time to share a meal together to break your fast. Share how you heard God's voice, what this focused prayer time meant to you, and how it affected you. Share any other relevant feelings or revelations from God during this time in fasting and prayer and if it is something you want to continue to add to your life on a more regular basis.