

WAY TÖ PRAY

Week 1: *Praying Like Jesus*

Week 2: *Praying Through Scripture*

Week 3: *Praying the Prayers of Others*

APPETIZER: Meditation & Conversational Prayer

REVIEW...

1. PLACE – Find a comfortable, quiet, private place. (A “prayer closet”)
2. POSTURE – Sit or stand or kneel or walk.
3. TIME – Aim for 10 to 60 mins per day.
4. REMOVE – Get rid of distractions, like phones and other technology.
5. VOICE – Pray out loud, even if only mumbling.
6. SHARE – Talk to your Home Church and Huddle members about your experiences. Also Tweet me, Facebook me, or BBM me too, to let me know about your experiences. (BBM: “caveman”)

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

~ Yahweh to Joshua (Joshua 1:8)

“meditate” = to mumble, mutter, or moan; to ruminate verbally.

TWO TYPES OF MEDITATION...

- KATAPHATIC (assertion; filling; focusing)
- APOPHATIC (negation; emptying; releasing)

Today we are focusing on kataphatic meditation.

DINE IN: Where Scripture & Imagination Meet

Psalm 77; Mark 4:35-41

GOSPEL SUGGESTIONS FOR MEDITATION & PRAYER...

1. Jesus calms the storm: **Mark 4:35-41**
2. Jesus’ love for sinners: **Luke 7:36-50**
3. Jesus’ and the woman at the well: **John 4:1-42**
4. Jesus welcoming Zacchaeus: **Luke 19:1-10**
5. Jesus’ Transfiguration: **Matthew 17:1-13**
6. Jesus washing feet: **John 13:1-17**

OTHER WAYS TO PRAY THROUGH SCRIPTURE...

- Jesus/Bible movies
- Audio Bible
- Prayer journal.

TAKE OUT: Praying In The Gospels This Week

I will endeavour to pray every day this week...

WHAT: Praying through one of the listed gospel passages

WHEN: _____

WHERE: _____

FOR: _____ min.

NEXT WEEK: Way To Pray (Part 3)

Home Church Questions

HANGOUT [Warming Up to the Topic – in one Large Group]

1. What stood out to you the most from Sunday's prayer workshop?
2. How have you been doing with daily prayer this week? Talk about your experiences.

HEAR [Listening to God through Scripture – in Discussion Groups]

3. Read **Psalm 77**.
 - a. What verse or idea stands out to you the most? Why?
 - b. Asaph, the writer of this Psalm, comforted himself by thinking about God's amazing deeds, not in his own lifetime, but in history centuries before. What stories about God do you draw comfort from?
 - c. The early Christian Church had no New Testament in print yet. Their only Bible to learn about Jesus was the Old Testament, the Hebrew Scriptures. For them, every passage was a pointer to Christ. Talk about the various ways **Psalm 77** points to Jesus.

HUDDLE [Making It Personal and Praying Together – in Huddles]

4. PRAY! Take 10-20 minutes to pray through one of the gospel passages. Remember to pray quietly, but still *out loud*, not just in your head. After a few minutes, come back together and talk about the strengths and weaknesses for you regarding this kind of praying.

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Quotes

We are kicking off this "Year of GO" by spending extended times in prayer, in our Sunday services and in our Home Churches.

Last week we learned how to pray the Lord's Prayer. Today we're learning how to pray through and meditate on Scripture.

In Psalm 77, the author talks about how he meditated on God's works in order to overcome his despair...

I cried out to God for help;
I cried out to God to hear me.
When I was in distress, I sought the Lord;
at night I stretched out untiring hands,
and I would not be comforted.

My heart meditated and my spirit asked:
"Will the Lord reject forever?
Will he never show his favor again?
Has his unfailing love vanished forever?
Has his promise failed for all time?
Has God forgotten to be merciful?
Has he in anger withheld his compassion?"

Then I thought, "To this I will appeal:
the years when the Most High stretched out his right hand.
I will remember the deeds of the Lord;
yes, I will remember your miracles of long ago.
I will consider all your works
and meditate on all your mighty deeds."

You led your people like a flock
by the hand of Moses and Aaron.