

**Prayer, 1.10.21**  
**Series: God In My Everything**

***Introduction***

***Prayer is crucial!***

- To our \_\_\_\_\_ -- “Of all the spiritual disciplines prayer is the most central because it ushers us into perpetual communion with the Father.” (Richard Foster, *Celebration of Discipline*)
- To our \_\_\_\_\_ -- “Prayer can transform each activity of life – work, homemaking, study, service, recreation – into something sacred.” (Ken Shigematsu, *God In my Everything*)

***Patterns for prayer***

A couple of examples from scripture – there are many more!

[Luke 11:1-4 - The Lord's Prayer](#)

<sup>1</sup> One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, “Lord, teach us to pray, just as John taught his disciples.” <sup>2</sup> He said to them, “When you pray, say:

‘Father,

- Here, Jesus \_\_\_\_\_ . Correcting some common teachings:

*hallowed be your name,  
your kingdom come.*

- This is a way of saying that we want God’s name to be \_\_\_\_\_. This will be demonstrated at the \_\_\_\_\_, when the Kingdom is consummated.
- But it can also happen in the \_\_\_\_\_ when God’s people live rightly – reflecting his heart and his purposes in the world.

- This part of the prayer reminds us to make God's \_\_\_\_\_ and his \_\_\_\_\_ in the world the priority.

<sup>3</sup> Give us each day our daily bread.

<sup>4</sup> Forgive us our sins,

for we also forgive everyone who sins against us.

And lead us not into temptation.' ”

- In this section, we are instructed to \_\_\_\_\_. The examples here include:
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### Psalm 63 – Prayer of one in the desert

<sup>1</sup> O God, You are my God; I shall *seek* You *earnestly*;

My *soul thirsts* for You, my *flesh yearns* for You,  
In a dry and weary land where there is no water.

<sup>2</sup> Thus I *have seen* You in the sanctuary,  
*To see* Your power and Your glory.

<sup>3</sup> Because Your lovingkindness is better than life,  
My lips will praise You.

<sup>4</sup> So I will bless You as long as I live;  
I will lift up my hands in Your name.

<sup>5</sup> My *soul is satisfied* as with marrow and fatness,  
And my mouth offers praises with joyful lips.

<sup>6</sup> When I remember You on my bed,  
I meditate on You in the night watches,

<sup>7</sup> For You have been my help,  
And in the shadow of Your wings I sing for joy.

<sup>8</sup> My soul clings to You;  
Your right hand upholds me.

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### **Putting It Into Practice**

- Set aside time (and place).
- Give the best part of the day.
- Pay attention to your body – posture, activity (like walking).

- An ordered prayer time – Daily Examen? <https://www.ignatianspirituality.com/ignatian-prayer/the-examen/how-can-i-pray/>
  - Become aware of God’s presence.
  - Review the day with gratitude.
  - Pay attention to the movements of your heart (e.g. your emotions)
  - Ask the Spirit to direct you to something he deems important and pray from that.
  - Look toward tomorrow.
- Long prayer vs. brief, frequent prayer (John Cassian, Desert Father)
- Pray together.
- Consider: Praying at \_\_\_\_\_
  - Psalm 55:17 – talks about crying out evening, morning, and noon
  - Daniel 6:10 – says that Daniel knelt to give thanks to God 3x a day, even at great personal risk
  - Benedictine monks pray seven times a day at established times, upon the chime of a bell.

Seasons of prayer: like stages/seasons of a relationship

“God is present everywhere. We know that God’s Spirit dwells within us, as followers of Jesus. This means that prayer is less about looking for God and more about cultivating an ever-growing awareness of his presence. In prayer we discover what we already have...” (Ken Shigematsu, *God In My Everything*)