

## **Prayer Life: Sharing and Learning from One Another**

What other nation is so great as to have their gods near them the way the LORD our God is near us whenever we pray to him? Deuteronomy 4:7

And He [the Lamb] came and took the scroll from the right hand of the One seated on the throne. When He had taken the scroll, the four living creatures and the twenty-four elders fell down before the Lamb. Each one had a harp, and they were holding golden bowls full of incense, which are the prayers of the saints. Revelation 5:7-8

“I went accordingly to my room, and locked my door, and putting the Bible on a chair, I went down on my knees at the chair. There I remained for several hours in prayer and meditation over the word of God; and I can tell you that I learned more in those three hours which I spent in this way, than I had learned for many months previously.” George Muller

Let's share using the following questions:

- 1) What are we willing to share about our prayer life in general?
- 2) What best advice, pearl of wisdom do we want to share with one another?
- 3) Why do we pray?
- 4) How did you learn to pray? Did you have a mentor or mentors?
- 5) Do you have a routine? When? Where? How long?
- 6) Do you have any devotionals or meditations book that you like to use for praying?
- 7) What are your favorite books on the topic of prayer?
- 8) Do you follow a template or model?
  - The Lord's prayer
  - ACTS or ACTSIC (Adoration, Confession, Thanksgiving, Supplication, Intercession, Communion of the Saints)
  - 1 hour Christian prayer wheel (5 minutes for each of the following 12 sections: Praise, Waiting, Confession, Read the word, Petition, Intercession, Pray the word, Thanksgiving, Singing, Meditate, Listen, Praise)  
Without text/music: <https://www.youtube.com/watch?v=NTWvtZyGvR8>  
With some text and instrumental music:  
<https://www.youtube.com/watch?v=7BjWu3ejxVc>  
30-minute version with some text and instrumental music:  
<https://www.youtube.com/watch?v=qMd2mKqOBz8>
- 9) Do you practice listening prayer?
- 10) Do you pray out loud?
- 11) Do you keep your prayers and/or prayer requests in journal (a notebook or app)?
- 12) Are you part of prayer groups, prayer lists, prayer chains?
- 13) Do you like to listen to music when you pray?
- 14) Do you like to mix reading scriptures and praying? Which passages of scripture?
- 15) Do you practice prayer and fasting?
- 16) Have you ever practiced "lectio divina"?

“I saw more clearly than ever, that the first great and primary business to which I ought to attend every day was, to have my soul happy in the Lord. The first thing to be concerned about was not, how much I might serve the Lord, how I might glorify the Lord; but how I might get my soul into a happy state, and how my inner man may be nourished...I saw that the most important thing I had to do was to give myself to the reading of the Word of God and to meditation on it... The difference, then, between my former practice and my present one is this: formerly, when I rose, I began to pray as soon as possible, and generally spent all my time till breakfast in prayer, or almost all the time. At all events I almost invariably began with prayer. . . . But what was the result? I often spent a quarter of an hour, or half an hour, or even an hour on my knees before being conscious to myself of having derived comfort, encouragement, humbling of soul, etc.; and often, after having suffered much from wandering of mind for the first ten minutes, or quarter of an hour, or even half an hour, I only then really began to pray. I scarcely ever suffer now in this way. For my heart being nourished by the truth, being brought into experimental [today we would say “experiential”] fellowship with God, I speak to my Father and to my Friend (vile though I am, and unworthy of it) about the things that He has brought before me in His precious Word. It often now astonishes me that I did not sooner see this point.” George Muller.

Brother Lawrence (17<sup>th</sup> century Carmelite French monk), wrote in the *Practice of the Presence of God* "that in order to form a habit of conversing with GOD continually, and referring all we do to Him; we must at first apply to Him with some diligence: but that after a little care we should find His love inwardly excite us to it without any difficulty"; and "that he had always been governed by love, without selfish views; and that having resolved to make the love of GOD the end of all his actions, he had found reasons to be well satisfied with his method. That he was pleased when he could take up a straw from the ground for the love of GOD, seeking Him only, and nothing else, not even His gifts."

“Prayer is the open admission that without Christ we can do nothing. And prayer is the turning away from ourselves to God in the confidence that He will provide the help we need. Prayer humbles us as needy and exalts God as wealthy” John Piper

“Hurry is the enemy of spiritual life in our day. You must ruthlessly eliminate hurry from your life.” Dallas Willard

Father Lawrence Freeman (Director of the World Community of Christian Meditation) talks about the importance of meditation and how meditation shifts the center of consciousness from the mind to the heart. Meditation awakens in us a sense of continuous prayer, which helps integrate everything so that every aspects of our life is harmonized into the experience of prayer.