

SEEK<sub>HIM CONSTANTLY</sub>  
SERVE<sub>HIM FAITHFULLY</sub>  
SHARE<sub>HIM BOLDLY</sub>

Waiting  
to  
Breathe

**“Prayer is inhaling the spirit of God.”**

Edwin Keith

*The Importance of prayer...*

**Noticed** – All of heaven stops so our prayers are heard Rev 8:1

**Natural** – We pray instinctively and reflexively when motivated

**Necessary** – Some things happen only in response to prayer Mk 9:20

➤ **Prayer is the beginning not the end of faith**

**Prayer changes things**

*“Very early in the morning, while it was still dark, Jesus went off to a solitary place, where he prayed.” Mark 1:35*

➤ **Learning to be Fully Present**

**Overcoming S.A.D.D.**

*“It may well be that when your mind wanders, it is wandering to what your heart most needs to speak to God about.” J. Ortberg*

➤ **Experience real intimacy with God**

**Prayer is talking to God about what we are doing together**

**Breathing in the Spirit of God**

**5 Minute Challenge** – Spend 5 minutes each day in prayer, alone.

**Prayer Walk:** pray for what you see and what God shows you

**Prayer Symbol** – easily recognizable symbol that reminds you to pray

# Prayer Ministry

*“let us then approach the throne of grace with confidence...”*

Sometimes we fail to learn more about prayer because we don't reflect on what actually happens when we pray. This is an exercise to help us learn to pray and to learn from praying.

Think of this as something we might do after a visit with a good friend. We spend a few moments alone and think about our time together. We recall moments when we felt especially close, or perhaps moments when there was conflict or confusion. We remember saying something that feels unfinished or needs to be resolved. Above all, we are grateful for the time we were able to spend together. Here's how you might review your prayer:

- Take 3-4 minutes after you have finished praying to reflect on the prayer. This is not part of the prayer, but a separate exercise.
- How did the prayer get started? Were you aware of God's presence, was there a sense that you were simply thinking by yourself?
- Did any parts of the prayer seem especially “alive” as you prayed? Did you have times of strong conviction or emotion, and if so, what were they? Did they seem to be moving you closer to God, or further away?
- What difficulties did you encounter? Did you feel tired or bored or experience other barriers? Did you find your mind wandering, and if so, to what? What were you praying over when this happened?
- Did you have any sense of being called to respond or carry out some action? If so, what was it?
- What was the general tone of your prayer:* Warm and loving? Difficult and painful? Dark and foreboding? Reassuring, sobering, foggy?

**Write down the results of this review. This will help you learn from your prayers, celebrate victories, and work on problems.**

## Matthew 6:1, 5-14 (NIV)

"Be careful not to do your 'acts of righteousness' before men, to be seen by them. If you do, you will have no reward from your Father in heaven.

"And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men. I tell you the truth, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words.  
<sup>8</sup>Do not be like them, for your Father knows what you need before you ask him.

"This, then, is how you should pray:

" 'Our Father in heaven,  
hallowed be your name,  
<sup>10</sup>your kingdom come,  
your will be done  
on earth as it is in heaven.  
Give us today our daily bread.  
Forgive us our debts,  
as we also have forgiven our debtors.  
And lead us not into temptation,  
but deliver us from the evil one.'

***"Prayer requires more of the heart than of the tongue."*** - Adam Clarke

**"No belief is neutral. Every one has the power to dictate each decision you make. For a decision is a conclusion based on everything that you believe."** - A Course in Miracles

**"The Third Petition of the Lord's Prayer is repeated daily by millions who have not the slightest intention of letting anyone's will be done but their own."** - Aldous Huxley

**"There is a place where thou canst touch the eyes  
Of blinded men to instant, perfect sight;  
There is a place where thou canst say, "Arise"  
To dying captives, bound in chains of night;  
There is a place where thou canst reach the store  
Of hoarded gold and free it for the Lord;  
There is a place--upon some distant shore—  
Where thou canst send the worker and the Word.  
Where is that secret place--dost thou ask,  
"Where?" O soul, it is the secret place of prayer!"**  
- Alfred Lord Tennyson

**"I pray on the principle that wine knocks the cork out of a bottle. There is an inward fermentation, and there must be a vent. "**  
- Henry Ward Beecher

"Action without prayer is arrogance, prayer without action is hypocrisy."  
- Jose Zayas

***"Is prayer your steering wheel or your spare tire?"*** C. ten Boom