



Prayer - Our Weapon of Resistance

Prayer is an act of rebellion against the enemies of God's Kingdom and an invitation to honest communication with Our Father. Prayer was a consistent practice of Jesus, and He emphasized it for His followers.

Starting thoughts for your group -

- We'll explore the ancient practice of prayer as communication with God, but texting is a significant means of communicating in modern life. Auto-correct fails or messages that go to the wrong recipient can create problems! Have you experienced a texting issue where communication went awry?
- How can our "prayer messages" to and from God also get misunderstood?
- In Pastor Tim's recent sermon on Thomas, he shared data from the Barna group about Christian doubt. An item in the Top 5 was "unanswered prayers". Is this something that has created doubt or questions in your walk with God?

Watch Video #3, then discuss...

As we incorporate Scripture & Prayer to our Rule of Life, consider how we can pray in these times we read about in Deuteronomy 6:

*When you rise up, when you lie down,
when you're in the house, when you walk along the way*

4 Aspects of Daily Prayer Practice

Pastor Scott referred to 4 aspects of prayer (*adapted from John Mark Comer's recent book "Practicing The Way"*) from Paul's admonition to pray "at all times"...

- **Ephesians 6:18-19** - "...pray at all times in the Spirit, and be alert with all perseverance and petition for all the saints"
- **Talking to God** - praise, adoration, thanksgiving, worship
 - *Our Father in Heaven, hallowed be name, your kingdom come...*
- **Talking with God** - requests, petitions, intercession, lament
 - *Give us daily bread, forgive us, teach us forgive others, deliver from temptation*
- **Listening to God** - let Him speak back, being still, silence for hearing His voice
- **Being with God** - worship, communion, His presence through the day

The Practice Prayer & Presence (*listen for the 4 aspects in these passages!*)

Have someone read a passage out loud, listen and meditate on it for a moment, then share what insights you feel the Spirit stirring in you about prayer...

1. **Matthew 6:5-15** - Jesus teaches His disciples how to pray - (*Note: Jesus' 3 pillars fo ALL disciples to practice; giving, prayer, fasting*)
2. **Ephesians 6:10-20** - God's Word and prayer are the two offensive weapons to compliment the defensive armor of God
3. **Revelation 8:1-4** - Our prayers become incense offerings in God's Temple
4. **Colossians 3:15-17** - Psalms is the prayer book of Israel set to music, in the same way our worship is an act of prayer and communication with God
5. **Psalm 4** - An evening prayer of David - for "when I lie down"
6. **Psalm 5** - A morning prayer of David - for "when I rise up"
7. **Philippians 4:4-7** - We can replace anxiety with prayer and thanksgiving > peace

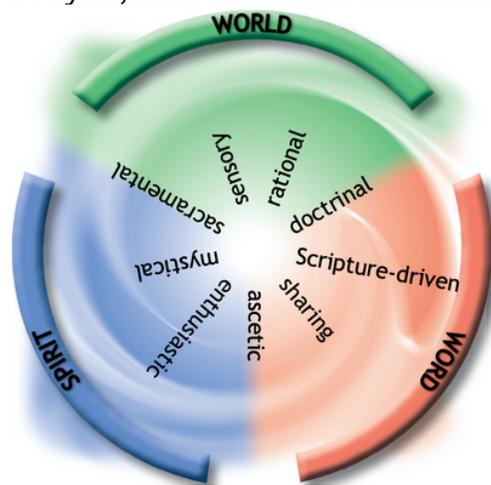
Read and meditate on the passages this week, letting the Word guide you to prayer!

EN-CORE JOURNEY

SCRIPTURE • BELIEFS • PRACTICES

"Lord, teach us to pray..."

Prayer is the way we open our soul and spirit to the voice of God, and a vehicle for entering into the Kingdom work of resisting evil in the world. Prayer is a way of embracing the mystery of God, but does need to be mysterious! On our Spiritual Styles diagram, the Blue / Spirit section represents practices around prayer, worship, and engaging our emotions and senses in communion with God. Are these ways of worship natural for you, or more difficult?



Accountability!

Consider how to deepen your prayer practice this week to strengthen your "Spirit connection" - discuss ideas with your group!