

Habits of Prayer CFM Meeting

I. Introduction

- A. This is a workshop, so it might be work, too!
- B. We are going to try several different pray styles and all I ask is that you give them a chance.

P – Praise

R – Reflection/Meditation

A – Ask/Intercede

Y – Yearn

II. PRAISE – James 5:13-15a

- A. What is praise?
- B. What does it mean to praise God, then?
- C. Why do we praise God?
- D. Singing vs. Praise vs. Worship
- E. Let's try it!
 - 1. God's Not Dead!
 - 2. Lord, I Lift Your Name on High
 - 3. He Is Exalted
- F. Review of Worship Experience
 - 1. How did "praising/worshipping God" make you feel?
 - 2. Why do you think praising God does this?
 - 3. When have you felt this way before?

III. REFLECTION – 1 Samuel 3:2-11

- A. Dramatically tell the story...
 - 1. Use the cell phone
 - 2. Emphasize: "Speak, Lord, your servant is listening."
- B. What does it sound like should happen during meditative prayer, based on this story?
- C. Why do we have difficulty just "being quiet" in the presence of the Lord?
- D. Why is it important for us to do so anyway? *It's all about relationship.*
- E. Let's try it! *Remember, He can speak through feelings, stray thoughts and even impressions.*

Please close your eyes. Imagine yourself in your most favorite place in the whole world. Perhaps you are often there with friends, but today, wherever that place is, imagine yourself being there alone. You look around and everything is quiet. You notice someone walking toward you. You squint at first to see who it is, and within a few moments, recognize it to be Jesus Himself.

As He comes right up to you, He offers you His hand. You take His hand and He looks deep into your eyes. What do you want to say to Him? Quietly whisper it to Him now.

Jesus smiles and whispers back how much He loves you and loves spending time with you like this. He asks you what you would like to ask of Him. Whisper to Him now quietly what you need Him to do.

Jesus smiles again and assures you that He will take care of everything, just you wait and see. As you thank Him for His promise to take care of everything, He begins to fade away and you open your eyes.

- F. *Optional* – “We are the Reason” Just sit quietly in the Lord’s presence and pray the prayer that Samuel prayed: “Speak, Lord, I am listening.”
- G. Who would like to tell us a little bit about what the reflection experience was like for you?
- H. Did anybody hear anything from the Lord? What did you hear?
- I. How did you feel during the reflection experience? Good, bad, peaceful, loved, sleepy?
- J. Why is this quiet time so difficult? So good? So necessary?
- K. A few quick guidelines
 - 1. Try to set the time aside, away from distractions
 - 2. DO NOT allow missing a few days or more to discourage you from picking up and spending time with Jesus today, for *any* time we pray is meaningful to God and therefore us.
 - 3. Get your hands on a guide that can offer daily Scripture and reflections. *The Word Among Us, Our Daily Bread*

IV. ASK – Matthew 7:7-8

- A. Has anybody ever had God answer a prayer?
- B. Why doesn’t it seem that God answers every prayer we might pray?
 - 1. No, I love you too much!
 - 2. No, not now.
 - 3. Yes, I have been waiting for you to ask.
- C. Why is it important to keep on praying anyway?
- D. Let’s try it!
 - 1. As a large group
 - a. “Jesus, I pray that You ...”
 - b. Remember, this is not the “news”; sometimes *less* information is more
 - c. I will bring this prayer to a close
 - 2. As families
 - a. “Jesus, I want to thank you for ...” and then all say, “We thank you, Lord.”
 - b. Moms model the pray form for your kids
 - c. Encourage this “litany” to be more than one or two items

- d. If as a family you want to add family prayer requests, please feel free to do so.
- e. Dads bring the prayer to a close when I give the cue
- f. We will close with a sung “Our Father”

V. YEARN – II Chronicles 7:14