

PRACTICE

Formation in the way of Jesus

PRAYER 2022



Postures of Prayer:

1. **Consistent:** What does it look like to adopt a posture of "prayer without ceasing"? What does it mean to make our lives a prayer?
 - a. Take some time to reflect (and journal) on these questions
 - b. What tangible Practices will help you? (see Prayer Practice Resource for 2020)
2. **Conversation:** What are you moving through right now that you can turn into a prayer? That you can incorporate into your ongoing conversation with God?
 - a. Name those things
 - b. Write them (and share them if you want) as prayers
 - c. For Example: *God I bring to you my frustration with work. What are you revealing to me through this experience? What invitation is in front of me that I may be missing? Help me listen for your voice in this frustration!*
3. **Communal:** How can you practice Prayer in community?
 - a. Do you have a group of 2-3 people that you can share prayer requests with?
 - i. If no, how can you develop this group?
 - ii. If yes, how does it work? Do you meet up regularly? Do you have a text thread? Can you start a conversation on the Discovery App?
 - b. How can you help cultivate a communal posture of prayer?
 - i. Invite others to pray with you?
 - ii. Pray during Gatherings?
 - iii. Pray during the week?

Resources:

- **Answering God** by Eugene Peterson
- **Confessions of a Prayer Slacker** by Diane Moody
- **My Soul Thirsts** by Steve Korch
- **Why The Mystics Matter Now** by Frederick Bauerschmidt
- **Becoming the Answer To Our Prayers** by Shane Claiborne
- **With Jesus In the School of Prayer** by Andrew Murray
- **Praying Through the Bible For Your Kids** by Nancy Guthrie