

Saturday

Practice a listening prayer today in these three patterns: waiting, resting, and delighting. Waiting on God can be full and rich. It’s active, expectant and open-ended: “Truly my soul silently waits for God; my soul, wait silently for God alone; for my expectation is from Him” Rest quiets our mind, allowing us to receive from God what we most need in this moment. Delight then becomes an invitation to revel in the abundant life found in Jesus.

Prayers: Try to spend 2-5 minutes in each posture.

Waiting in prayer may involve asking God questions, but we don’t expect God to answer us at that moment. This puts us in a posture of listening to God in the back and forth of life. What questions do you have for God?

Rest for the soul that is scattered, parched, guilt-ridden, or uncertain is best found in the grace of God’s presence. How can you be still in God’s embrace?

The quiet, restive moments with God, shape our heart, allowing us to see more clearly delighting in the love that God has for this world and inviting us to participate in this grace-filled dance of life. Where do you find joy? What makes you laugh out loud? How are you filled with the spirit of God?



Series: Holy Habits

Sermon: Tuning Out the Noise

Luke 18:1-8

Then Jesus told them a parable about their need to pray always and not to lose heart. He said, “In a certain city there was a judge who neither feared God nor had respect for people. In that city there was a widow who kept coming to him and saying, ‘Grant me justice against my opponent.’ For a while he refused; but later he said to himself, ‘Though I have no fear of God and no respect for anyone, yet because this widow keeps bothering me, I will grant her justice, so that she may not wear me out by continually coming.’” And the Lord said, “Listen to what the unjust judge says. And will not God grant justice to his chosen ones who cry to him day and night? Will he delay long in helping them? I tell you, he will quickly grant justice to them. And yet, when the Son of Man comes, will he find faith on earth?”

Holy Habits: Ancient Truths for an Anxious Age

In its simplest form, a spiritual discipline is an intentional, regularly practiced activity that helps us to grow closer to God. Although that activity may take many forms, traditionally they are thought of as the activities that Christ participated in throughout scripture: prayer, fasting, solitude, study, etc. From its beginning the church linked the desire to know God to intentional practices that gave people space in their lives to ‘keep company’ with Jesus. These intentional practices we know as spiritual disciplines.

Prayer

We yearn for prayer and hide from prayer. We believe we should do it—we even want to do it—but something often stands between us and actually praying.

To pray is to change. Prayer is the central avenue God uses to transform us. This is a great grace. How good of God to provide a path whereby our lives can be taken over by love and joy and peace and patience and kindness and goodness and faithfulness and gentleness and self-control.

Prayer is, first and always, listening to God - seeking to grasp what is God’s will in any given circumstance. In listening and perceiving God’s will, the pray-er is inevitably a participant of change, within ourselves and those circumstances and lives for which we pray. Prayer is a process of lifelong learning as we seek to approach our God with openness, honesty, and trust, allowing God to shape and form our thoughts and actions to reflect Christ.

You are invited to practice the discipline of prayer over the next week. Each day there is a suggested practice, along with a recommendation for focus. With each intentional act of prayer, you are encouraged to listen, inviting God to change your heart.

You may use the daily selections in this guide or choose other prayers.

Monday

Pray the Lord’s Prayer. Let each word, each line, shape your living today.

Prayer: Our Father, who art in heaven, hallowed be thy name. Thy Kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation but deliver us from evil. For thine is the kingdom, and the power and the glory, forever and ever. Amen.

Tuesday

Practice breath prayers today. A breath prayer, or a centering prayer, is an ancient form of prayer – spoken rhythmically as you inhale and exhale. As you name God you inhale – “Lord, Jesus Christ, Son of God” as you exhale you ask God for mercy – “have mercy on me, a sinner,” repeating the prayer with each breath allows you the space to receive God’s mercy.

Prayer: “Lord, Jesus Christ, Son of God, have mercy on me, a sinner.” Amen.

Wednesday

Pray this prayer of peace today, looking for opportunities to bring these words to life.

Prayer: Lord, make me an instrument of your peace. Where there is hatred, let me bring love. Where there is offense, let me bring pardon. Where there is discord, let me bring union. Where there is error, let me bring truth. Where there is doubt, let me bring faith. Where there is despair, let me bring hope. Where there is darkness, let me bring your light. Where there is sadness, let me bring joy. O Master, let me not seek as much to be consoled as to console, to be understood as to understand, to be loved as to love, for it is in giving that one receives, it is in self-forgetting that one finds, it is in pardoning that one is pardoned, it is in dying that one is raised to eternal life. Amen.

Thursday

Practice prayer pauses today. There are 7 prayer times that have traditionally marked a day. Take time to pause and reflect for as many of these as you are able. (You might want to set an alarm on a phone or watch to call you to prayer.)

Prayers:

Night Watch (midnight): *“I am awake through each watch of the night to meditate on your promise. (Psalm 119:148)*

The Awakening Hour (dawn): *“Satisfy us in the morning with your faithful love so that we may shout with joy and be glad all our days” (Psalm 90:14)*

The Blessing Hour (mid-morning): *“Let the favor of the Lord our God be on us; establish for us the work of our hands – establish the work of our hands! (Psalm 90:17)*

The Hour of Illumination (noon): *“You are the salt of the earth... You are the light of the world. (Matthew 5:13-14)*

The Wisdom Hour (mid-afternoon): *“For me, living is Christ and dying is gain. (Philippians 1:21)*

The Twilight Hour (twilight): *“Be still and know that I am God.” (Psalm 46:10)*

The Great Silence (bedtime): *“The Lord will send his faithful love by day, his song will be with me in the night – a prayer to the God of my life.” (Psalm 42:8)*

Friday

Practice prayers of intercession today (prayers for others).

Prayer: Lord hear my prayer...

for those who need healing...

for those who are lonely...

for those who grieve...

for those who hungry or thirsty...

for our church...

for our community and our nation...

for our community and our nation...

for those people and situations close to our heart...

Lord hear my prayer. Amen.