

PRAYER

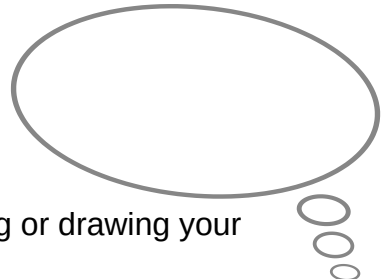
"The faith practice of prayer is a way in which we actively submit ourselves and our world to God's ongoing transformational work in Christ by expressing ourselves to God and listening for God to engage with us."

READ



Engage these scriptures using the Lectio Divina method this week:

- Matthew 6:5-13
- Psalm 145 - a prayer of praise
- Psalm 130 - a cry for help



WONDER

Use these prompts as a starting point for journaling or drawing your wonderings on prayer.

- Reflect on your prayer life with God. Who taught you to pray? Who in your life today is a model of prayer? What characteristic traits do you notice in people who are committed to prayer?
- What aspects of prayer (as seen in the Lord's Prayer) come naturally to you? Which are harder to practice? (praise and adoration, welcoming God's kingdom, opening yourself to God's will, asking for daily bread, asking for and extending forgiveness, praying for protection and deliverance)

