

## Prayer Week 4

### **LISTEN**

Focus on God.

Quietly express your love for Him.

*Handful of reflection exercise*

As you breath out, imagine letting go of any negative emotions or memories.

As you breathe in, imagine letting in the gentle breeze of God's Spirit: all that is honourable, just, pure, pleasing and good.

Breathe out. Breathe in.

Be still.

### **REFLECT**

One day he was praying in a certain place. When he finished, one of his disciples said, "Master, teach us to pray just as John taught his disciples."

2-4 So he said, "When you pray, say,

Father, reveal who you are.

Set the world right.

Keep us alive with three square meals.

Keep us forgiven with you and forgiving others.

Keep us safe from ourselves and the Devil."

.....

9 "Here's what I'm saying:

Ask and you'll get;

Seek and you'll find;

Knock and the door will open.

10-13 "Don't bargain with God. Be direct. Ask for what you need. This is not a cat-and-mouse, hide-and-seek game we're in. If your little boy asks for a serving of fish, do you scare him with a live snake on his plate? If your little girl asks for an egg, do you trick her with a spider? As bad as you are, you wouldn't think of such a thing—you're at least decent to your

own children. And don't you think the Father who conceived you in love will give the Holy Spirit when you ask him?"

*(Luke 11 the Message)*

### **PRAY**

Loving God, you have called me to live by faith, in obedience to your will, so that I might have life in all its fullness.

Help me to love you with all my heart, to mature as a disciple of Christ, and to grow in the gifts and fruits of your Spirit.

O Lord God, destroy and root out whatever the adversary plants in me, that with my sins destroyed you may sow understanding and good work in my mouth and heart; so that in act and in truth I may serve only you and know how to fulfil the commandments of Christ and to seek yourself.

*Columbanus (c.550-615)*

**Now I pray for:**

**My own needs ...**

**The needs of others ....**

**The needs of people throughout the world ....**

**I also pray for... (any other needs)**

God be in my head and in my understanding;

God be in my eyes and in my looking;

God be in my mouth and in my speaking;

God be in my heart and in my thinking;

God be at my end and at my departing.

*The Book of Hours (16th century)*

### **CONCLUDE**

God of grace and glory give us the mind, the heart, and the strength to live for you. Walk with us and work through us that we may be faithful in prayer, grow in holiness and draw many to you. As we walk in the power of the Spirit transform us into the likeness of Christ, to the glory of your name.

Amen.

## Making sense of prayers

Many times you know instinctively what to pray for, but sometimes we need something to help us make sense of it all

 *Look through God's eyes – see his perspective*

 *Listen to God's guidance and listen to needs in world*

 *Take an antacid and pray for what others need (not want)*

 *Let our prayer rise as incense – pray positive both more of God's reign and benefit of others*

 *Open for action – what must I (church others do) together with God to answer this prayer*

Peregrini does not have an old exercise, so here is two useful prayers

Lord's Prayer

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever.  
Amen.

Peregrini Prayer

God of grace and glory,  
Give us the mind, the heart  
and the strength to live for you.  
Walk with us and work through us,  
that we may be faithful in prayer,  
grow in holiness and draw many to you.  
As we walk in the power of the Spirit  
transform us into the likeness of Christ,  
to the glory of your name.  
Amen.