

Practice: Prayer

PRACTICING THE WAY



When you hear the word *prayer*, what comes to mind?

How were you first taught to pray?

In the Wesleyan tradition, prayer is not a technique. It is relationship. It is grace at work.

My Understanding of Prayer:

PRACTICE OF PRAYER

ANSWERING WHAT IS AND IS NOT PRAYER

WHAT PRAYER IS

1. Prayer is a _____.
 - a. Jeremiah 29:12
 - b. Romans 8:26
2. Prayer _____ us.
 - a. Philippians 2:5
3. Prayer Is Both _____ and _____.
 - a. Matthew 18:20

WHAT PRAYER IS NOT

- Magic
- Performance
- Avoidance
- Transactional

MODEL OF PRAYER

THE LORD'S PRAYER

Matthew 6:9-13

"Hallowed be your name"

Prayer reorients us toward God's holiness.

"Your kingdom come"

Prayer is participation in God's transforming work.

"Give us this day..."

N.T. Wright: The Lord's Prayer is a revolutionary manifesto.

"Forgive us... as we forgive"

Daily dependence – not anxiety (Matthew 6:34)

"Deliver us from evil"

Prayer changes how we treat others.

Echoes Wesley's belief in resisting evil, injustice, and oppression.

The Lord's Prayer is not just recited; it is lived.

PRACTICES OF PRAYER

COMMON METHODIST PRAYER PRACTICES

1. Morning & Evening Prayer
2. Covenant Prayer ("I am no longer my own...")
3. Intercessory prayer
4. Praying Scripture (Lectio Divina)
5. Examen (evening reflection)

What prayer practices of these are you currently practicing?

ANCIENT PRACTICES

The Desert Fathers & Mothers (3rd-5th Century)



1. Silence (Hesychia) Psalm 46:10
2. The Jesus Prayer "Lord Jesus Christ, Son of God, have mercy on me, a sinner."
3. Tears as Prayer
4. Watchfulness (Nepsis) 2 Corinthians 10:5

INTEGRATION

WHICH UNDERSTANDING OF PRAYER CHALLENGES YOU MOST?

.....

.....

.....

.....

.....

.....

WHERE HAS PRAYER FELT TRANSACTIONAL RATHER THAN RELATIONAL?

.....

.....

.....

.....

.....

WHICH ANCIENT PRACTICE MIGHT STRETCH YOUR SPIRITUAL LIFE?

.....

.....

.....

.....

.....

HOW DOES "YOUR KINGDOM COME" RESHAPE HOW YOU PRAY FOR THE CHURCH?

.....

.....

.....

.....

.....

The EXAMEN

WHERE TO END

The Prayer of Examen, developed by St. Ignatius of Loyola, is a 15-20 minute daily reflective practice designed to recognize God's presence, review the day with gratitude, and repent for shortcomings. It usually involves five steps: prayer for light, gratitude, review, repentance, and resolution in order to cultivate awareness of God in the ordinary and foster spiritual growth.

Request Light: Begin by asking God for the grace to see the day clearly, understanding where God was present and where you failed.

Give Thanks: Review the day in a spirit of gratitude, noting both obvious and small blessings.

Review the Day: Replay the day like a movie, paying attention to your thoughts, feelings, and actions.

Repent and Seek Forgiveness: Reflect on moments of shortcoming; such as lack of compassion or poor choices and ask for God's forgiveness and healing.

Look Forward: Recommit to following God and look toward the next day, asking for guidance and grace to live it more fully.

