

PRAYER EXPERIENCE IDEAS

- Pray Paul's prayers for each other, inserting your own names. Here's an example from Philippians 1:9-11:

"And this is our prayer [for you, Jamie]: that your love may abound more and more in knowledge and depth of insight so that you may be able to discern what is best and may be pure and blameless until the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ — to the glory and praise of God."

Some other verses to consider are:

- Philippians 1:6 or 3:12-14
- Ephesians 1:17-19 or 3:14-19
- Colossians 1:9-12
- Romans 8:38-39
- Isaiah 43:1-5a
- 1 Peter 5:6-7
- any of the Psalms that fit the occasion.

ROOTED PRAYER EXPERIENCE IDEA

This experience follows an Up, In, and Out movement of prayer designed to help guide your time together. During this prayer experience you will be lead to...

- Looking Up :: By focusing first on the greatness and goodness of God.
- Going Deeper In :: Into God's truth and what it reveals about who He is, and who He is calling us to become.
- Praying Out :: That His kingdom would come to transform our hearts and the world around us.

LOOKING UP – 20 MINUTES (ALL TOGETHER)

All things begin first with God... His glory, majesty and power. We want to begin our time by simply looking to Him and acknowledging His worth above all things. In looking up we set out to focus our hearts together on Him.

- Scripture Reading 1: Psalm 8 (read aloud by group member)
- Silent Reflection (3-5 minutes suggested)
- Responsive Group Prayer
- Scripture Reading 2 : Philippians 2: 1-11 (read aloud by group member)
- Silent Reflection (3-5 minutes suggested)
- Responsive Group Prayer
- Scripture Reading 3: Psalm 148 (read aloud by group member)
- Silent Reflection (3-5 minutes suggested)
- Responsive Group Prayer

DEEPER IN – 40 MINUTES (INDIVIDUALLY)

In prayer we are led by the Holy Spirit to look deeper in. Deeper into the truth of His word and deeper into our own hearts as He reveals to us those areas that we have attempted to hide away from His view and the view of others. Take time to allow him to speak by His word and by His spirit as you journey deeper in.

Divine Reading (Lectio Divina – meditating on scripture – see Psalm 119)

1. Read: Don't give into the temptation to simply glance over these passages, some of which may be very familiar to you. Take time to read them and in turn allow them to read you. You may find it helpful to read each passage a few times pausing each time before reading and asking God to speak the truth of each word to your heart.
2. Reflect: After reading, allow time and space to reflect or ponder in your heart what you have just read. Allow God's word to become His word to you and illuminate the deep truth of the text by the Holy Spirit.
3. Pray: After you've read and reflected on the passage move on to prayer. Through your spoken and written word and dedicate the truth of His word to Him in your heart.
4. Contemplate: Then contemplate on the truth of what has been revealed through his word. God speaks...take time, listen, wait and rest in the reality of His presence and the fullness of His love.

- Scripture Reading 1: Psalm 139
 - Silent Reflection
 - Responsive Prayer/Journaling
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- Scripture Reading 2: Romans 6: 1-14
 - Silent Reflection
 - Responsive Prayer/Journaling
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- Scripture Reading 3: Ephesians 1: 3-11, Gal 5: 16-26
 - Silent Reflection
 - Responsive Prayer/Journaling
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PRAYING OUT – 40 MINUTES (ALL TOGETHER)

Jesus taught us to pray in Matthew 6:10, *“Your kingdom come your will be done on earth as it is in Heaven.”* We live in the tension of two worlds; the age that is now (our world) and the age that is to fully come but has already begun to breakthrough, the Kingdom of Heaven. Jesus teaches us that the Kingdom of Heaven is not something or someplace else we wait for but that it is a present reality that we can experience now! This is why we pray for broken things to be made right, for the broken and sick to be healed and reconciled and for the oppressed in mind, body, and spirit to be set free... because the Kingdom has come and it is bringing life! It is with this understanding that we pray for ourselves, others and the world around us. In peace and expectation we pray to you Lord, hear us now for your mercy is great!

Suggested Points of Prayer

- Our nation and leaders
- Our loved ones and relatives who do not know Christ
- The sick among us
- For our church community
- For our families, friends, and neighbors, and for those who are alone.
- For the victims of hunger, fear, injustice, and oppression.

DEBRIEF/CELEBRATION – 20 MINUTES (ALL TOGETHER)

Take time to debrief the experience, over a meal if possible, and discuss how each person was able to meet with God and engage His voice through prayer and scripture.