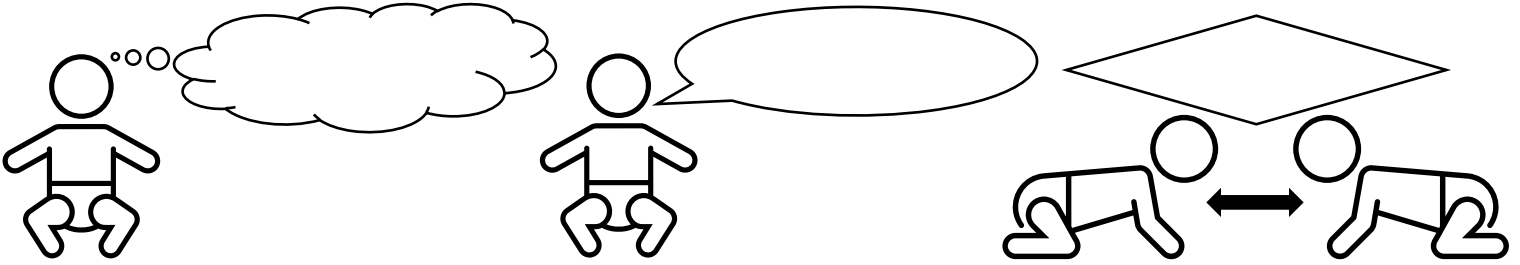


Renew: What Do Christians Do?

Prayer

How can I grow and change?



1. What is Prayer?

Definition: _____

Clarifications: _____

2. Why should I pray?

4 Barriers to Prayer

1. _____

2. _____

3. _____

4. _____

3. How do I pray?

Preparation

<input checked="" type="checkbox"/>	_____
<input checked="" type="checkbox"/>	_____
<input checked="" type="checkbox"/>	_____

Vocabulary

Grammar







Immersion

1. _____	2. _____

Discussion & Reflection Questions

Your group leader will choose 2-3 of these questions to discuss in the breakout meeting:

1. What did you find most helpful about this teaching? Why?
 2. How has prayer (or God working through prayer) helped you or someone you know personally?
 3. Out of the 4 "barriers to prayer" mentioned during the class, which one has been the main one keeping you from praying more/better? How do you think you can lower or remove that barrier?
 4. What would an ideal prayer routine look like for you? In other words, what would be your answers to where, when, and how long?
 5. During the class we talked about a helpful, Biblical way to structure our prayers: Upward, Inward, Outward, Upward. Which of those "movements" of prayer do you find the easiest to do? Which do you find the hardest? Why?
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Weekly Challenges

In order to help you get started and grow in your practice of prayer, consider completing the following challenges over the next 3 weeks.

Week 1

1. Use the following template to make a personalized prayer routine:
 - a. Timing: I will spend at least _____ minutes praying each day.
 - b. Timing: I will set an alarm to remind me to start my prayer time at _____ a.m./p.m.
 - c. Location: The place where I will pray is _____.
2. Consider reading and pondering on one of the following prayers from Scripture before you pray:
 - a. Exodus 15:1-21; 1 Samuel 2:1-10; Psalm 51; Psalm 139; Daniel 9:1-19; John 17; Ephesians 3:14-21
 - b. Jot down a few notes about what these Scriptural prayers teach you about *God, the Gospel, and Yourself*.
3. Pray using the Upward, Inward, and Upward movements. Skip the "Outward" movement this week. Try to incorporate words and ideas that stood out to you from your time pondering Scripture.
4. Consider purchasing [The Songs of Jesus](#) as a Scripture and Prayer aid.

Week 2

1. Look back over your previous week's prayer routine. Did you practice the plan you created? Do you need to make any adjustments to your plan?
2. This week, create a "Prayer Focus Schedule" like we discussed during the class. You can keep this schedule in a physical notebook, Word document, or a digital note on your phone.
3. Continue the prayer practices from the previous week, but this time add in the "Outward" movement by following the Focus Schedule you created.
 - a. If you read all of the Scriptures listed for the previous week, either follow your own Bible reading plan or consider reading a psalm or portion of a psalm before each session of prayer. [The Songs of Jesus](#) book is very helpful here.

Week 3

1. Continue your prayer routine from the previous week, making any necessary adjustments.
 2. Look for an additional moment during your day where you can spend a quick moment or two in prayer. Some ideas include:
 - a. On your drive to work, while doing laundry/dishes, in the shower, while taking a walk, etc.
 - b. Don't feel pressured to move through all 4 movements during these quicker, more spontaneous moments of prayer. If you're having trouble coming up with words, think back over what you most recently read in Scripture.
 3. Watch this [video](#) on praying the Prayer of Examen and then try doing it every night this week.
 4. Look for at least one opportunity to pray together with others. Some ideas include:
 - a. During Sunday morning worship, at a small group meeting, at the dinner table, before putting your children to bed, in the morning with your spouse, etc.
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Resources

Books

- [Prayer: Experiencing Awe & Intimacy with God](#) - Timothy Keller
- [The Songs of Jesus: A Year of Daily Devotions in the Psalms](#) - Timothy Keller
- [The Valley of Vision: A Collection of Puritan Prayers & Devotions](#) - Edited by Arthur Bennett

Articles

- <https://www.thegospelcoalition.org/article/tim-keller-on-prayer/>
- <https://www.thegospelcoalition.org/article/you-asked-can-i-pray-to-jesus/>
- <https://www.practicingtheway.org/prayer>
- [https://static1.squarespace.com/static/62ffd889db541509cc42d76e/t/63e5c2ffe785253f65dafcb5/1676002047728/PTW Prayer Rolheiser PrayerTips.pdf](https://static1.squarespace.com/static/62ffd889db541509cc42d76e/t/63e5c2ffe785253f65dafcb5/1676002047728/PTW+Prayer+Rolheiser+PrayerTips.pdf)
- <https://www.logos.com/grow/nook-morning-prayers/>
- <https://www.logos.com/grow/nook-night-prayers/>
- <https://www.crossway.org/articles/infographic-how-is-your-prayer-life/>

Video/Audio

- [Praying the Lord's Prayer](#) - Practicing the Way
- [Praying the Prayer of Examen](#) - Practicing the Way