

The Dot - 10/10/20

Spiritual Disciplines and Practices: *Prayer*

Interview with MaryJane Edwards



Definition:

The discipline of prayer allows us to connect with God throughout the day. Prayer is a chance to talk to God and listen to what He has to say back to us.

Scripture:

- 1 Thessalonians 5:16-18- *Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.*
- Matthew 6:9-13- *"This, then, is how you should pray: "Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one."*
- Philippians 4:6- *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

Reflection Questions:

- What was your experience with prayer growing up?
- What are some misconceptions you have about prayer?
- How is prayer a conversation with God?
- Why do you think we are called to pray for others?
- How have you seen the power of prayer?

Spiritual Exercises:

- Try *Breath Prayer*.
 - Breathe in something you know is true about God, 'God is Good.'
 - Breathe out something you need, 'He is with me.'
- Pray the *C.H.O.W. Prayer*.
 - C- Courage- *The boldness to approach others and talk to them about Jesus.*
 - H- Heart- *The heart to love and care for others.*
 - O- Opportunities- *The chances to share about Jesus.*
 - W- Words- *The right words to say through the leading of the Holy Spirit.*
- Pray while you walk onto your school campus each morning.
- Pray for specific people: family, friends, enemies, Spot leaders, etc.

Additional Resources:

- *Spiritual Disciplines Handbook* by Adele Calhoun
- Read Matthew 6:5-16
- Got Questions Website: https://www.gotquestions.org/questions_prayer.html
- [*The CHOW Prayer*](#)