



# Practicing the Way of Jesus

Prayer

Matthew 6:5-13

# Practicing the Way of Jesus

The way that Jesus practiced and/or promoted.

Trust

Silence and Solitude

Connecting to the marginalized

**Prayer**

Service

The Examen

Focus on the Inner Life

Story telling

Simplicity

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# What is Prayer?

*“Why is it that prayer ranks so high on surveys of importance and so low on surveys of satisfaction?”*

Philip Yancey

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# What is Prayer?

*“a solemn request for help or expression of thanks addressed to God or another deity.”*

We generally see it as communication with God.

Often using words.

Often about what we would like God to do for us.

# What Prayer is not?

Sometimes our prayers are not even really aimed at God, but designed to impress others.

Sometimes we just say lots of words hoping to win God's favor.

*“And when you pray..”*

# What is Prayer?

There is a natural development to how we pray, as we grow in God...

*Talking at God*

*Talking to God*

*Listening to God*

*Being with God*

Mark E. Thibodeaux

# 1 – Talking at God

*“This is simply parroting what our parents or authorities told us to pray (e.g., “Bless us, Lord, for these Thy gifts, which we are about to receive through Christ our Lord. Amen.”)”*

*“This, then, is how you should pray...”*

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## 2 – Talking to God

*“We become more comfortable finding our own words to speak to God rather than the ready made prayers of our childhoods.”*

*“Abba, Father, everything is possible for you. Take this cup from me. Yet not what I will, but what you will.”*

Mark 14:36

### 3 – Listening to God

*“At this point we begin to listen to God and enjoy a two-way relationship.”*

*“You are my Son, whom I love; with you I am well pleased.”*

Mark 1:11

*“Not one person who has followed my regimen of a silent retreat has failed to hear from God.”*

Brennan Manning

### 3 – Listening to God

*“I became more convinced than ever that God finds ways to communicate to those who truly seek God, especially when we lower the volume of the surrounding static.”*

Philip Yancey

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## 4 – Being with God

*“Finally, we simply enjoy being in the presence of God who loves us. This is far more important than any particular activity we might do with him. His presence makes all life fulfilling.”*

*“But Jesus often withdrew to lonely places and prayed.”*

Luke 5:16

# Prayer as Communion

*“While Jesus certainly prayed vocally both in private and public, these utterances did not encompass the fullness of his relationship with his Father. A fuller reading of the Gospels shows that Jesus lived in constant communion with the Father even when no words were used. This fuller understanding of prayer is often perplexing to those who have only known prayer as communication.*

Skye Jatheni

## 4 – Being with God

*“...but you received the Spirit of sonship. And by him we cry, “Abba, Father.”*

Romans 8:15

*“...we do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God’s will.”*

Romans 8:26-27

# Prayer as Communion

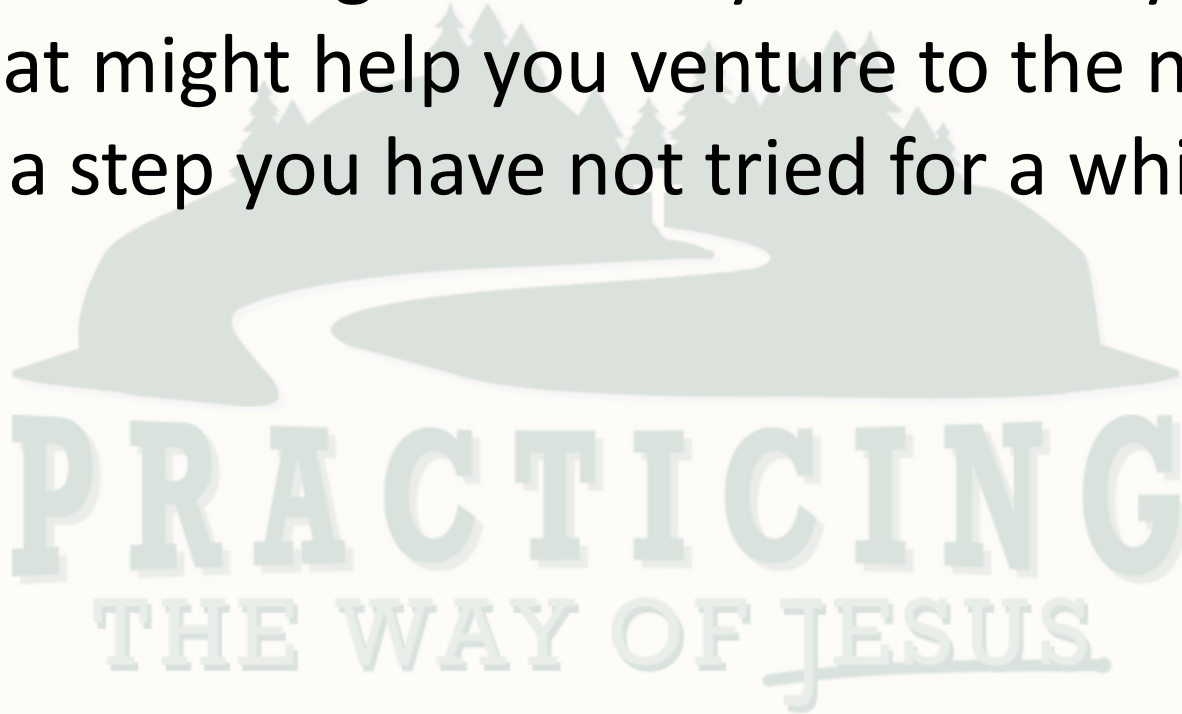
Real prayer is union with  
God, a union as vital as that  
of the vine to the branch...

Mother Teresa

quote fancy

Where are you up to on your prayer journey?

What is something new that you could try this week that might help you venture to the next step, or a step you have not tried for a while?







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