



MAYBRIDGE
COMMUNITY CHURCH



FLOURISH
Prayer

FLOURISH Prayer

"True prayer is neither a mere mental exercise nor a vocal performance. It is far deeper than that – it is a spiritual transaction with the creator of the universe."

- Charles Spurgeon

DISCUSS



How would you define prayer?



Why do we pray?



How easy do you find prayer?

HOW DO WE PRAY?

"Pray until you can pray; pray to be helped to pray and do not give up praying because you cannot pray. For it is when you think you cannot pray that is when you are praying."

- Charles Spurgeon

KEEP IT SIMPLE

"In prayer it is better to have a heart without words than words without a heart."

- John Bunyan

KEEP IT REAL

"A prayer room is first and foremost a living room—a place where the Father waits for his children to come and climb into his arms."

- Pete Greig

KEEP IT UP

"To be a Christian without prayer is no more possible than to be alive without breathing." - Martin Luther

QUICKFIRE You can talk to God anytime, anywhere: I need a parking space, help me in my exam, please be with my son in his exam today. Thanks for that beautiful sunrise.

QUALITY TIME Putting some decent time aside to focus on talking with God. It's also helpful to find your time and place:

"But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you."

- Matthew 6:6

Discover your secret place and time. Turn off the distractions.

TOGETHER As the Body of Christ. Prayer meetings matter – there is power in agreement and encouragement. It's good to share stories of answered prayer. Follow the lead of Holy Spirit and stand in prophetic unity.

THE FOUR STEPS TO PRAY

P
AUSE

"Be still and know that I am God."

- Psalm 46:10

It's good to stop before you start. Prepare your heart to meet and hear God. Become aware of His presence. Breathe deeply and well. Notice where you're carrying stress and choose to release it to God.



REJOICE

"Rejoice in the Lord always."

- Philippians 4:4

Begin your prayer in praise. Read a psalm, listen to a worship track, thank God for the good things in your life, creation, all He has done.

ASK

"Ask anything in my name and I will do it."
- John 14:14

Pray in the name of Jesus, which means praying in line with the character of Jesus.

PETITION

Asking for our own needs, day in, day out. Pray in faith. Don't be afraid to be audacious or inane - it's OK to ask for bread.

INTERCESSION

Standing before the Lord in the gap on behalf of the land (Ezekiel 22:30).

1. Get **informed**
2. Get **inspired**
3. Get **indignant**
4. Get **together**

THE LORD'S PRAYER: SEVEN REQUESTS

1. Hallowed be your name
2. Your Kingdom come
3. Your will be done on earth as it is in heaven
4. Give us this day our daily bread
5. Forgive us
6. Lead us not into temptation
7. Deliver us from evil

"Whether we like it or not, asking is the rule of the Kingdom."

- Charles Spurgeon

WHEN GOD SAYS NO

The danger of dreaming big is the potential for disappointment. Jesus experienced No in the Garden of Gethsemane (Mark 14: 32-36, Luke 22: 39-46).

1. Be vulnerable with your friends
2. Be honest with God - **Take this cup from me**
3. Push deeper into prayer - **Jesus prayed earnestly**
4. Dwell in God's love - **Abba father**
5. Hold on to reality of God's power - **Everything is possible for you**
6. Yield - **Not my will but yours**

YIELD

"Offer your bodies as a living sacrifice."
- Romans 12:1

Finish, by surrendering yourself to God. He's God, you're not.



Where do I need to change my attitude?



Where do you want me to go?



What do you want me to say?

PRAYING WITH CHILDREN

PAUSE Take some big breaths

REJOICE Five things to thank God for

ASK What do we want to ask Jesus for?

YES What do we think Jesus wants us to do today?

QUICKFIRE Invite God into everyday conversations; pray for ambulances, thank God for dinner, pray for sore knees, sad friends, difficult situations, etc.



DISCUSS



Which part of PRAY - Pause Rejoice Ask Yield - do you find more natural or easy? Which parts seem harder? Why do you think that is?



Where do you stand before the lord on behalf of the land? How could you become more informed, inspired and indignant?



Is there anything you'd like to do differently in prayer as a Partnership group or individual going forward?

LISTENING IN

How do we hear God?

THE EXAMEN Guided prayer 'created' by St Ignatius hundreds of years ago. This is a great way of being led through the stages of prayer, reflection and listening in to God.

LECTIO DIVINA Read a passage through a number of times – what jumps out at you? What do you notice?

READ WITH IMAGINATION Choose a story from the Bible and picture yourself in the scene. What can you see, what do you notice?

RECOMMENDED RESOURCES

BOOKS

How to Pray - Pete Greig
Whisper - Mark Batterson
Mountain Moving Prayer
- Debra Green
Try Praying
- trypraying.co.uk

APPS

Inner Room
Pray as You Go
Abide
Reimagining Examen