

Disciplines of Lent – Prayer

Spiritual Disciplines Defined

A spiritual discipline is an activity undertaken to bring us into more effective cooperation with Christ and his Kingdom.

Principles of Prayer

1. God always has the first word
2. Prayer is the place where we encounter God. Prayer is not about getting something from God; it is getting God Himself.

“In prayer, we begin to think God’s thoughts after him: to desire the things he desires, to love the things he loves, to will the things he will.” (Richard Foster)

Prayer Defined

Prayer is continuing a conversation that God has started through his Word and his grace, which eventually becomes a full encounter with him.

The Lord’s Prayer

1. It’s about the quality, not the quantity of our words
2. Prayer is personal
3. God is holy
4. We are to seek God’s kingdom and will first
5. Prayer is not primarily about getting something from God

Confession

“A Man who confesses his sins in the presence of a brother knows that he is no longer alone with himself; he experiences the presence of God in the reality of the other person. As long as I am by myself in the confession of my sins everything remains in the dark, but in the presence of a brother the sin has to be brought into the light.” (Dietrich Bonhoeffer)

*Search me, O God, and know my heart;
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting. (Psalm 139:23-24)*

The Examen

1. Become aware of God’s presence.
2. Review the day with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the day and pray from it.
5. Look toward tomorrow.

P.R.A.Y.

- Pause
- Reflect (on Scripture)
- Ask
- Yield

Suggested Rhythm of Daily Prayer

- Morning – P.R.A.Y.
- Noon – Read a Psalm
- Evening – Examen and Lord's Prayer

Suggested Resources

- Lectio 365 App
- Echo Prayer App