

PRACTICING PRAYER

Very simply, prayer is communion with God. It is the main avenue God uses to transform us as we grow in intimacy with Him. Because it's communion, it involves as much listening as talking.

This week we will practice several forms of prayer – **listening, intercessory and the Prayer of Examen.**

Listening prayer is often the most challenging for us.

There isn't a simple formula to learn how to do it, as God tailors the way He speaks to each individual, according to how He's created and wired them. He can speak through scripture, impressions, pictures, music, dreams, visions and other people – and more! So it just takes time and practice to discern how He speaks to you!



Prayer Exercise

Try this rhythm at least 2 days this week:

Morning- listening and intercessory prayer exercise.

- Spend time in prayer, asking God to help you be sensitive to how He is speaking/leading you throughout the day. Take a couple of minutes to listen. Then ask God to lead you to a Scripture for someone in your life and pray that over them.

Evening: Prayer of Examen

- **Presence** (Realize and experience God's presence with you)
- **Gratitude** (Ponder and thank God for the good things in the last 24 hours)
- **Review** (Remember some of the things that happened in the past day, your responses and actions, things that God did)
- **Response** (Take some time to journal, pray about the things you've reflected on, repent, etc)

Questions for reflection:

How was this experience for you? What do you find challenging about listening prayer? Are there certain ways that God typically speaks to you?

If you have anything you'd like to share, email me at deanna@outofmoab.com