

PRAYER RESOURCE

Ephesians 6:18

BASED ON PRAYER
WORKSHOPS

N O V - D E C 2 0 2 0

Burnside City Uniting Church
384 Portrush Road, Tusmore SA 5065
- Raising Children of God -

www.burnsidecityuc.org.au

Through our 3 workshops and guest speakers we learnt and experienced different ways of having conversations with God. Use this resource to begin or continue learning and praying.

- *Listen*
- *Learn*
- *Experience*
- *Go deeper*

Let's start in prayer

Lord, we thank You for the privilege and the gift of freely coming into Your presence and speaking with You and bringing others to You in prayer. Would You take us deeper in our relationship with You as we discover more about prayer together. In Jesus name, Amen.

(Rev Christine Manning 9/12/2020)

Meditative and Contemplative Prayer



Listen to Father Rob Morris SJ [teaching](#)

Summary

Meditative and contemplative methods are a means to an end.

They provide the structure, the support towards a relationship and communication with God. They are a drawbridge leading us to God, or a trellis guiding us to God.

Use words of sacred scripture or a mantra, or focus on images. Be unhurried and not distracted. Receive it as a gift from God. Be open to and savour the experience of God.

Remember

This style of praying doesn't work for all and takes practice. Find what works for you.

Experience

You do not need deep Biblical knowledge to do this:

.....the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and remind you of everything I have said to you. John 14:26

● 1. How to: Lectio Divina

Choose a bible passage up to about 15 verses.

Go to a quiet place and ready yourself.

Read the passage aloud.

Take a few minutes and see if any words, phrases, actions or teachings speak to you. If so, pause and savour the insight, or emotion.

Read the passage again. Listen.

Is God speaking to you through the reading?

Follow the prompting of your heart to pray or just sit with the experience.

● 2. How to: Gospel Contemplation

Become present to and engage in the text, the scene, the people and Jesus. Use all your senses to make the Gospel scene real and alive!

Select a gospel passage where Jesus interacts with others.

Prepare yourself to hear and engage with the Word of God.

Read the passage twice. Close your eyes and reconstruct the scene.

Look... Listen... Feel... Touch... Taste

Engagement rather than vividness is the goal.

Speak to Christ from your heart.

● 3. How to: The Examen

The Daily Examen is an ancient technique of prayerful reflection on the events of your day in order to detect God's presence and discern

His direction for you. At its most basic:

Become aware of God's presence.

Review the day with gratitude.

Pay attention to your emotions.

Choose one feature of the day and pray around it.

Look toward to tomorrow.

Reflection: Listen to [Everyday God](#) as you prepare yourself for prayer.

Words at end of section

Go deeper!!

Into Ignatian spirituality.

Into the Daily Examen

Into Sevenhills Retreat

Is this something you would like to
experience and grow through?

SONG LYRICS

Everyday God

Earth's creator, Everyday God,
Loving Maker, O Jesus,
You who shaped us, O Spirit,
Recreate us, Come, be with us.

In Your presence, Everyday God,
We are gathered, O Jesus,
You have called us, O Spirit,
To restore us, Come, be with us.

Life of all lives, Everyday God,
Love of all loves, O Jesus,
Hope of all hopes, O Spirit,
Light of all Lights, Come, be with us.

In our resting, Everyday God,
In our rising, O Jesus,
In our hoping, O Spirit,
In our waiting, Come, be with us.

In our dreaming, Everyday God,
In our daring, O Jesus,
In our searching, O Spirit,
In our sharing, Come, be with us.

God of laughter, Everyday God,
God of sorrow, O Jesus,
Home and shelter, O Spirit,
Strong and patient, Come, be with us.

Way of freedom, Everyday God,
Star of morning, O Jesus,
Timeless healer, O Spirit,
Flame eternal, Come, be with us.

Word of gladness, Everyday God,
Word of mercy, O Jesus,
Word of friendship, O Spirit,
Word of challenge, Come, be with us.

Gentle father, Everyday God,
Faithful brother, O Jesus,
Tender sister, O Spirit,
Loving mother, Come, be with us.

Our beginning, Everyday God,
Our unfolding, O Jesus,
Our enduring, O Spirit,
Journey's ending, Come, be with us.

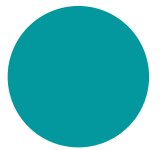
Alleluia, Everyday God,
Now and always, O Jesus,
Alleluia, O Spirit,
Through all ages, Come, be with us.

CCLI Unknown

Persistent and Passionate Prayer



Listen to Pastor Wendy Radford [teaching](#)



Summary

Enter into a prayer life with a God who heals and answers prayers.

Come to God with:

Desperation that I am in need:

Then Jesus told his disciples a parable to show them that they should always pray and not give up. [Luke 18:1-8](#)

Conviction that Jesus will meet my needs:

Daughter, your faith has healed you. Go in peace. [Luke 8:43-48](#)

Revelation that God is sovereign:

I have not found such great faith even in Israel. Then the men who had been sent returned to the house and found the servant well.

[Luke 7:1-9](#)



Remember

Prayer works – miracles of provision and protection do happen!

Experience

● 1. Earnest Prayer

Use the example of Hannah's prayer to pray earnestly and passionately to God:

In her deep anguish Hannah prayed to the Lord, weeping bitterly...I was pouring out my soul...I have been praying here out of my great anguish and grief.

[1 Samuel 1:10-16](#)

● 2. Not all prayer happens on your knees

Pray

As you walk around the supermarket
For the residents of the homes you pass on your daily walk
For those dealing with long queues of impatient people
For pastors as they prepare to preach
For your children's teachers at school drop-off
For police as they wait for the next call

Pray

Reflection: Listen to [Is He Worthy?](#) as you prepare yourself for prayer.

Words at end of section

Go deeper!!



Create your own habits of prayer to help you:

A physical location

Music or art

A prayer journal

Bible readings

Daily reflection tool



Respond with spontaneous prayer:

Walk through the shopping mall or a park and look for opportunities to pray for someone or a situation.

Do you dare to offer to pray for/with them?



SONG LYRICS

Is He Worthy?

Do you feel the world is broken? We do
Do you feel the shadows deepen? We do
But do you know that all, the dark won't stop
The light from getting through? We do
Do you wish that you could see it all made
new? We do

Is all creation groaning? It is
Is a new creation coming? It is
Is the glory of the Lord to be
the light within our midst? It is
Is it good that we remind ourselves of this?
It is

Is anyone worthy? Is anyone whole?
Is anyone able to break the seal and open the
scroll?
The Lion of Judah, who conquered the grave
He is David's root and the Lamb
who died to ransom the slave.

Is He worthy? Is He worthy?
Of all blessing and honour and glory?
Is He worthy of this? He is

Does the Father truly love us? He does
Does the Spirit move among us? He
does
And does Jesus our Messiah
hold forever those He loves? He does
Does our God intend to dwell again with
us? He does

From every people and tribe, every
nation and tongue
He has made us a kingdom and priests
to God
To reign with the Son.

Is He worthy? Is He worthy?
Of all blessing and honour and glory?
Is he worthy? Is He worthy?
Is He worthy of this? He is
Is He worthy? Is He worthy? He is!
He is!

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Praying for Others



Listen to Rev Christine Manning [teaching](#)

Summary

Prayer is a conversation: we speak to God, we listen to God, we have a relationship with God. We come to God as children come to parents for love and protection saying, "Up Daddy.....up Mummy....."

Use God's word to focus and form your prayers

[1 Timothy 2:1-2](#)

Use God's promises to pray over people

[Isaiah 40:31](#)

Pray for God to "give you something" – a word, a picture, a direction.

The response may be unexpected, but go with it. God has a plan!

Remember

Give thanks – pray for others – pray for inner peace: prayer is not a shopping list of wants.

Experience

● 1. Use God's word to pray

.....keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. Ephesians 1:17

Pray for our pastors, in the full scope of all that their calling requires of them, for a spirit of wisdom and revelation.

● 2. Use the praying hands

Use your hand and symbolic fingers to assist in creating a time of prayer



Reflection:

Listen to [Run to the Father](#) as you prepare yourself for prayer.

Words at end of section

Go deeper!!

Write a letter (note, card, email, SMS, Facebook post etc)
to a friend for whom you have been praying

Use the Bible as a constant reference and encouragement to pray.
Seek out verses which urge you to pray or simply to meditate on and
claim God's promises in prayer.

*In my distress I called upon the Lord; to my God I cried for help. From
his temple he heard my voice, and my cry to him reached his ears.*

Psalm 18:6

Look for images that draw you into prayer – art, sculpture,
photography, nature

Prayer at Burnside City Uniting Church

Prayer chain and Wednesday 9.30am group

prayer@burnsidecityuc.org.au

Immanuel zoom prayer group January 2021 Sundays 8.30pm

www.burnsidecityuc.org.au

SONG LYRICS

Run to the Father

I've carried a burden
For too long on my own
I wasn't created
To bear it alone
I hear Your invitation
To let it all go
Yeah, I see it now
I'm laying it down
And I know that I need You.

I run to the Father I fall into grace
I'm done with the hiding
No reason to wait
My heart needs a surgeon
My soul needs a friend
So I'll run to the Father
Again and again
And again and again
Oh-oh, oh-oh, oh-oh

You saw my condition,
had a plan from the start
Your son for redemption
the price for my heart
and I don't have a context
for that kind of love
I don't understand
I can't comprehend
All I know is I need you

Oh-oh, oh-oh, again and again
And again and again
Oh-oh, oh-oh, oh-oh

My heart has been in your sights
Long before my first breath
Running into Your arms
Is running to life from death
And I feel this rush deep in my chest
Your mercy is calling out
Just as I am you pull me in
And I know I need you now

I run to the Father I fall into grace
I'm done with the hiding
No reason to wait
My heart needs (found) a surgeon
My soul needs (found) a friend
So I'll run to the Father
Again and again
And again and again
Oh-oh, oh-oh, oh-oh

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