

SPIRITUAL FORMATION | **PRAYER + MEDITATION** | FASTING | SIMPLICITY | WORD | CONFESSION | SOLITUDE + SILENCE | WORSHIP + CELEBRATION | SABBATH | SERVICE

RHYTHMS





CULTIVATING + ENJOYING THE SIMPLE, HEALTHY, & HOLY HABIT OF DAILY

PRAYER + MEDITATION

**WHAT does God
want FOR me?**

God **delights in blessing** his people. **Psalm 35:27**

Christ came that we might have life... “**and have it more *abundantly*.**”
John 10:10

Jesus invites us to be “**be *filled*”** with **HIS JOY** so that **OUR JOY** may
overflow. **John 15:11**

God wants to help us become “***more than conquerors.***” **Romans 8:37**

God wants to do ***exceedingly, abundantly, beyond*** all that we can
ask or think. **Ephesians 3:20**



WHAT does God
want **FOR** me?

IF these verses are true . . .

IF this is what God wants for us then . . .

WHY do so many Christians spend so much time
discouraged, defeated, dejected & depressed?

WHY are so many of us just as **anxious & fearful** as non-Christians?

WHY?



WHAT Is Prayer?

“Prayer is a *conversation* between two people who love each other.”

- ROSALIND RINKER

“Prayer is being *with* Jesus and simply spending time *with* Him.”

- HENRI NOUWEN



WHAT makes Real Prayer so difficult?

We don't know *how* to pray.

We think that we're supposed to *feel* something, but it often feels like *nothing* is happening.

We don't have *prepared* minds & hearts.

We are *easily distracted*...
our *mind wanders* & we get distracted by our *jumping monkeys*.



WHAT makes Real
Prayer so difficult?

WHAT are some of MY most powerful distractions?

WHEN am I most easily distracted?



WHAT difference
can prayer make
in my life?

Prayer impacts our **CIRCUMSTANCES**

Prayer impacts our **RELATIONSHIPS**

Prayer impacts our **PERSPECTIVE**

Prayer impacts the **PERSON** who prays:

“I pray because **I can’t help myself...** I pray because **I’m helpless...**

I pray because **the need flows out of me** all the time, **waking & sleeping...**

I pray because *it changes me.*”

- C. S. LEWIS



WHAT can I pray
about or for?

*Are my prayers a shopping list... OR a **conversation**?*



How can I make
PRAYER a regular
part of my day?

Habits don't just happen,
they always begin with a first step...



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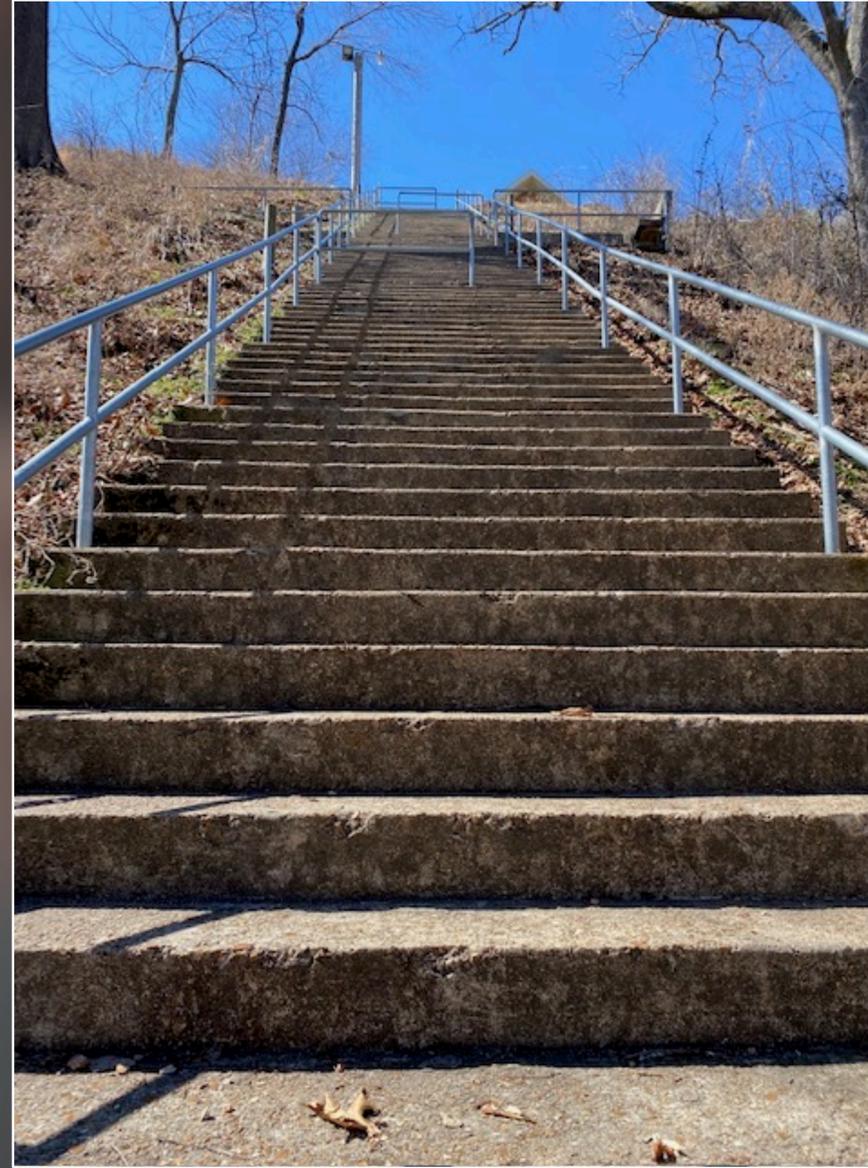
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**How can I make
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part of my day?**

Neuroplasticity is the ability of the brain to change throughout life.

The brain is always growing and changing.

We can *create* new neural connections
& *carve out* new neural pathways.

We can actually become physically & spirituality transformed
by the *renewing & rewiring* of our brains!



WHAT are some
simple first steps?

- **Double-Aught (00) Minute Prayers** (Daily Office)
- **Lectio 365**
- **Jesus Prayer & Prayer of Examen**
- **Read** Richard Foster: *Prayer: Finding The Hearts True Home*



So... now what?



So... now what?

A simple FAIL-SAFE invitation:

“He (or she) who is faithful in little things, will become faithful also in much”
Luke 16:10

For the next 7 days... or 30 days... make a commitment to do at least
ONE THING: Start the day with The Jesus Prayer, Double-Aught, Lectio 365...

If you don't FEEL anything after you pray... simply do it again tomorrow...

If you miss a day... pick it up the next day... no biggie... “just do it”

