



PRACTICE #4
prayer

TALKING TO GOD.

What are your thoughts on pre-made prayers? Some people may appreciate their consistency and steadiness while others may struggle to not feel robotic or impersonal.

But there are some good reasons to consider making room for pre-made prayers into your prayer practice. For one, Jesus gave us a prayer to pray! First century Christians prayed the Lord's prayer together every single day as a foundation for the rest of their prayers and the rest of their day.

Not only that, but we have pre-made prayers at our disposal throughout the rest of Scripture as well. The Psalms in particular can voice all kinds of feelings from praise to pain.

Pre-made prayers can be really helpful for when we're at a loss for words, when our souls feel numb and far from God, when we're exhausted or ill and can't get our thoughts together, when our rhythms are all over the place, or we simply need that steady foundation.

With pre-made prayers, we get to join our voices with Jesus followers over thousands of years and all around the world with theological richness and the focus of our minds as we talk to God.

IN THE BIBLE.

LUKE 11:1-4

Now Jesus was praying in a certain place, and when he finished, one of his disciples said to him, “Lord, teach us to pray, as John taught his disciples.” 2 And he said to them, “When you pray, say:

“Father, hallowed be your name.

Your kingdom come.

3 Give us each day our daily bread,

4 and forgive us our sins,

for we ourselves forgive everyone who is indebted to us.

And lead us not into temptation.”

PSALM 62:5-12

Yes, my soul, find rest in God;

my hope comes from him.

6 Truly he is my rock and my salvation;

he is my fortress, I will not be shaken.

7 My salvation and my honor depend on God;

he is my mighty rock, my refuge.

8 Trust in him at all times, you people;

pour out your hearts to him,

for God is our refuge.

9 Surely the lowborn are but a breath,

the highborn are but a lie.

If weighed on a balance, they are nothing;

together they are only a breath.

10 Do not trust in extortion

or put vain hope in stolen goods;

though your riches increase,

do not set your heart on them.

11 One thing God has spoken,

two things I have heard:

“Power belongs to you, God,

12 and with you, Lord, is unfailing love”;

and, “You reward everyone

according to what they have done.”

QUESTIONS.

Feel free to talk through some or all of these questions

- 1.) What emotions does the word "prayer" elicit in your heart?
- 2.) What challenges do you face in prayer?
- 3.) What benefits do you see in implementing pre-made prayer?
- 4.) Are pre-made prayers a part of your life with God? How can you begin to implement them?

End by saying the Lord's Prayer together

Pre-Made Prayers: The Lord's Prayer, Scripture & Psalms, Singing, Liturgies, Apps like Pray as You Go

TAKE TEN:

- How did you see God work in your life this week?
- What has God been teaching you in His Word?
- What kind of conversations are you having with your pre-Christian friends?
- What good can you do around here? (in your life/circumstance)
- How can we help you in prayer and what do you want us to ask you about next week?

Whenever you read the Bible, ask yourself these three questions:

1. What does this tell you about God?
2. What does this tell you about yourself and the world?
3. How is this going to change who you are and how you live?