

**SECTION 1: *What is the pattern of this world?***

We often pray as a \_\_\_\_\_ to an \_\_\_\_\_.

**SECTION 2: *How does Jesus invite us to be transformed?***

1. Do not \_\_\_\_\_.

**SECTION 3: *How will we test and approve (“try and see”) this practice together?***

Prayer is talking to God about matters we’re \_\_\_\_\_ about.

You, God, are my God, earnestly I seek you; I thirst for you,  
my whole being longs for you, in a dry and parched land  
where there is no water.  
– Psalm 63:1

**PRACTICING PRAYER:**

*Begin the day with the Daily Meditation and then choose one of the practices.*

**Daily Meditation:** Meditate on Psalm 63:1 for five minutes each morning. As you do, make a running list of things you are concerned about or that you and God *are working on together*. As other things come to mind during the week, add them to the list.

**Spend an additional 5 minutes in private prayer, seeking God’s input on those things from your daily meditation list.** Try comprising a prayer of questions for God, seeking His input. Take time to stop praying, and just listen-think. Write down your thoughts. What advice are you receiving from Him? What is He asking you to change?

**Recite a simple prayer throughout the day.** Beginning each morning and then often throughout the day, pray, “Your kingdom come, your will be done,” or, “Holy Spirit, consume me.”

**Each day, pray with someone about one thing on your list.** Sometime during each day, meet with someone (co-workers, neighbor, friend from church, etc.) to pray for each other about just one of the things on the list you made during the daily meditation. If you’re married and have children, I’m sure they are on your list of things you’re *doing together with God*, so pray with your spouse for one of your children each day. It’s important to seek God’s input in your prayers similar to #1. If your kids are old enough, do this as a family each evening before or after dinner. Help your kids develop a list of things they are seeking God about too!

**Try “flash prayers.”** (An idea credited to Frank Laubach) A flash prayer is one that all of us can use, because, even with our hurried lifestyles, we can spare a few seconds for a flash prayer. The process is very simple. When we see someone in need, we flash (send) a prayer in his or her direction. 'Lord, be with that person. Give him (her) a sense of your presence.' Or if we hear a fire engine going by or see an ambulance speeding on the highway, we can flash a prayer. 'Dear God, be with the person who is sick or who has been injured.' Try flash prayers the next time you’re stuck in traffic, in line at the store, or waiting in an office.

**Have an extended prayer time this week.** Some of you have been needing God’s input on something especially important or burdensome. Set aside an hour or two to get away and pray. Combine solitude and meditation.

Design your own practice of prayer and write it here:

**TALK IT OVER**

What thought from the message was most helpful to you? What thought was most challenging?

What are some of your struggles with prayer?

How does the imagery of wildfire or thirsting in a dry and parched land impact your understanding of the purpose of prayer?

What are you and God working on together?

## **SECTION 1:** *What is the pattern of this world?*

We often pray as a MEANS to an END.

## **SECTION 2:** *How does Jesus invite us to be transformed?*

1. Do not QUENCH THE SPIRIT.

## **SECTION 3:** *How will we test and approve (“try and see”) this practice together?*

Prayer is talking to God about matters we’re BOTH CONCERNED about.

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