

MEET UPS

Prayer a practice

For many of us prayer can be a daunting prospect, something that we tried but found too difficult, more associated with guilt than joy.

Jesus however seems to delight in prayer, enjoying getting away to be with God and basing his life around it.

The sermon looked at Jesus' very practical instruction in Matthew 6 to 'go into your room and close the door' or put another way 'find a time and place to be alone with God'.

What is your immediate reaction to that instruction?

Excitement, confusion, guilt, 'just another thing to do'? Be honest.

This week's practice

The practice this week is to simply find a place and a time to pray daily. Somewhere that you can spend 2 minutes reflecting on the first line of the Lord's prayer.

What time and place do you think will work for you?

Do you have a daily practice of prayer that works? Or have you in the past?

Now you have decided on a time and place do you need to take some practical steps. Perhaps you could try setting an alarm to remind yourself.