

MEET UPS

CATCH UP

How did last week's practice go? Did you find it difficult or easy to find a time and place?

How did the time and location work out for you? Any distractions?

For this coming week do you need to find another time or place that works better?

We often find prayer difficult but not Jesus, prayer was central to his life with God. Most people define prayer as simply "talking with God." But prayer is a back and forth conversation that comes out of a depth of relationship. But at an even more basic level, prayer is a catch-all word for all of our relationship to the Father.

Jesus when asked how to pray, immediately addresses our relationship with God. Jesus says that we should come to God as a good father. How do you feel about that?

The way we approach prayer is often a good indication of the way we see God.

Do we approach prayer as tasks to be performed as if God is our boss?

Or rather as punishment like God is a bully?

Take a minute or two to think about your approach to prayer and share with the group. You may need to repent.

THIS WEEK'S PRACTICE

We are now going to 'do' this week's practice together, by meditating on the first line of the Lord's prayer together.

1. Put away your phones or any other distractions, get into a comfortable and alert position.
2. Invite Holy Spirit to come...
3. Pray through the Lord's prayer, like this...

"Our Father..."

Take a moment and think about the idea of God as your father, with good intentions toward you. If you want, imagine God in your mind's eye. Picture his face. Make eye contact with him.

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“In heaven...”

Take a moment to think about the idea that God is all around you. As you breathe in and out, imagine yourself breathing in and out more of Holy Spirit.

Spend a few minutes just sitting with the Father in joyful, grateful worship.

You might want to sit in silence for a few moments, sing a song, list things you're grateful for or praise God with specific things you love about him.

If you are in a group, encourage people to make their expressions of praise and gratitude out loud, one at a time. (E.g. “Father, thank you for your kindness.” “Father, thank you for loving me.”)

FOR THE REST OF THE WEEK

Take ten minutes or so, in the time and place you have set aside for daily prayer and meditate on the first line from the Lord's prayer.

‘Our Father in Heaven’