

MEET UPS

CATCH UP

As we continue with 'Prayer a Practice' now is a good time to check progress. Have we all found a time and place to regularly pray? If not, don't drift into guilt and shame but look for practical solutions to the challenge. If we have found a time and place, how is it going, praying through "Our Father in Heaven"? Has God spoken to you as you've prayed? Has the way you see God changed?

THIS WEEKS PRACTICE...

Today let's focus on the '**Hallowed be your name**' part of the Lord's prayer.

Today in your Meet up:

1. Put away your phones or any other distractions, and get into a comfortable, but 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.

"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.

"Hallowed by your name..."

Spend a few minutes and think about all the things you love about God.

In your meet up, start to praise God out loud for all the things that have come to your mind. Enjoy time worshipping God together.

DISCUSS:

What does adoration look like for you on a daily basis.

Encourage each other to think what adoration on a daily basis could look like, and try it this week.

WEEKLY PRACTICE

Go through this practice on your own in your prayer times, it's up to you- it can take 10 minutes or an hour.