

# MEET UPS

## **CATCH UP**

How did you get on this week, finding time for daily adoration?

## **THIS WEEK'S PRACTICE...**

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.

### **"Your kingdom come, your will be done, on earth as it is in heaven..."**

Spend a few minutes asking for God's will to be done in your church/community/life.

Think of specific things to pray for.

One at a time, spend time as group verbally giving to God specific things in your life that you're wrestling with control over. A simple prayer of, "Your will be done in \_\_\_\_\_," is a great place to start.

### **"Give us each day our daily bread..."**

Spend a few minutes praying for specific needs and wants in your own lives, along with those in the wider community.

If any of you meeting up need something: a job, healing, wisdom to make a decision, etc, get them in the middle of the room and pray over them.

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## **DISCUSS:**

Share answers to prayer that you have had, especially recent ones. Don't worry about if it is a big prayer or a small prayer being answered. Every prayer being answered is an opportunity for thanksgiving and worship.

Share if you have a particularly big prayer that is not being answered. Pray about it together and listen to what the Lord is saying about this.

Look at the prayer card link. What six things would you be praying about? Don't just write down general things but get very specific about your prayers.

## **HELPFUL VERSES**

*Matt. 7:7, Matt. 7:9, John 16:24, James 4:2, Isa 59:2, 1Pet. 3:7*

## **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.