

MEET UPS

CATCH UP

Did you write down six specific things on your prayer card last week? And have you been praying for them?

THIS WEEK'S PRACTICE...

We are going to try breath prayer right now in your meet up.

Breath prayer is a great way to meditate on scripture, gently drawing our minds away from distractions and back on God. It is a way to focus our minds on what is right, pure, lovely and admirable (Phill 4.8) A way to resist both the lies of the world and the devil.

Take a line or very short passage from scripture, and then pray it under your breath or silently on an inhale and/or exhale. For example, on the inhale "our Father" on the exhale "in heaven".

Here are some passages that might be a good place to start.

- Our Father – in heaven (Matt 6.9)
- Yes, my soul find rest in God- My hope comes from him (Psalm 62.5)
- My help comes from the lord- the maker of heaven and earth (Psalm 12.2)
- Speak Lord – for your servant is listening (1 Samuel 3.9)

Sit upright in a silent place, draw attention to your breathing. Don't change the way you're breathing just notice it. Aim to be silent before God for two minutes at first and maybe extend to five minutes as you get used to silence (this will be hard we are so used to distraction and noise).

Begin to pray the phrase of scripture you have chosen, on the inhale and exhale.

Whenever your thoughts wander, bring your attention back to your breath. When your time of silence is over, pause to thank God for your time with him.

P.S This will be really tough If your meet up has kids involved, well done for trying! Try again in your own quiet time.

WEEKLY PRACTICE

Try again in your own quiet time during this week.