



January 30 and February 2
Steve Cuss
Adventures in Prayer

PRIMARY SCRIPTURES:

Ephesians 3:12

In him and through faith in him we may approach God with freedom and confidence

Hebrews 4:16 Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

DISCUSSION:

What is prayer:

Speaking. Most prayers are: thanks, help, wow (author, Anne Lamott)

Sometimes prayer is nothing more than telling God what God already knows.

Sometimes is it speaking, but sometimes it is listening.

Sometimes prayer is getting acquainted with the silent company of God in a noisy rabid world.

Ways To Grow Your Prayer Capacity:

1) Lowering the trigger threshold to pray.

Rod Plummer lives in Japan and he helps new believers form as prayer habit. 1 minute per day is where he starts. But then he adds triggers. Angry at your mum? Pray for her. Every time you enter the subway, he tells them. As soon as you start work. Also as you end work. And soon enough, the Japanese Christians are almost praying without ceasing. Just trigger after trigger after trigger.

What triggers could you add today? What about every time Patrick Mahomes scores a touchdown, you pray for someone in need?

2) Movement and engaging our body helps.

Walking, breathing. Maybe try it right in church? Acknowledge the weird.

3) Pray for unfamiliar topics you find people praying for in the Bible.

4) Set Place.

Labyrinth. Journal

5) Set times

6) Set prayers.

Prayer affects God. It opens us to possibilities beyond our limited thinking and point of view.

Mark Batterson, "The bravest prayer you can pray is the one you prayed a hundred times which God has never answered." As opposed to the brace yourself prayer. Widow and Judge scripture?

Prayer keeps us expecting God to work.