



Spiritual Disciplines

SESSION 3: PRAYER

Based on *Celebration of Discipline*
by Richard Foster

REVIEW FROM SESSION 2 - CENTERING DOWN

"It is a time to become still, to enter into the recreating silence,
to allow the fragmentation of our minds to become centered."

Richard Foster

PRAYER HINDRANCES

What are some of the excuses we have to not praying?

Prayer Giants

"I have so much business I cannot get on without spending three hours daily in prayer."

Martin Luther

"God does nothing but in answer to prayer."

John Wesley, Devoted two hours daily to prayer

- What does it make you feel when you read these types of quotes?
- God wants to meet us where we are and walk with us in that even if it's not a 2 hour a day prayer life.
- We have different gifts and callings, different positions in life, and different sets of responsibilities.

PRAYER AS A LEARNING PROCESS

- Why is it important to view prayer as a learning process?

"To pray is to change. Prayer is the central avenue God uses to transform us. If we are unwilling to change, we will abandon prayer as a noticeable characteristic of our lives. The closer we come to the heartbeat of God the more we see our need and the more we desire to be conformed to Christ."

Richard Foster

- The purpose is transformation not pride, not a checklist to complete, and not avoiding guilt.

"In prayer, real prayer, we begin to think God's thoughts after him: to desire the things he desires,
to love the things he loves, to will the things he wills."

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PRAYING IN THE WILL OF GOD

- How do we know we are praying in the will of God?

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Romans 12:1-2

- What do these 2 verses say about knowing and understanding God's will?

APPLICATION: TECHNIQUES OF PRAYER USED BY DAN

I. Common task to remind you to pray

II. Keep a prayer list

III. Lord's Prayer or other Memorized Prayers

IV. Pray through Scripture

Examples

If needing comfort, look up verses on comfort:

"Who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God." 1 Corinthians 1:4

If needing wisdom, look up verses on wisdom:

"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you." James 1:5

V. Reading the Psalms

Practically every human emotion is demonstrated in the Psalms

VI. Listen to the Spirit



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RESOURCES FOR FURTHER STUDY

- *With Christ in the School of Prayer* by Andrew Murray <https://bit.ly/3BdNIgf>
 - 31 lessons on prayer. Takes a piece of scripture and talks about it in context to prayer.
 - GREAT for a monthly personal devotion
- *Autobiography of George Mueller* <https://amzn.to/2RceNu3>
- "Light and Life FM" www.LightAndLife.FM
 - Denominational resources and articles. This week had a few on prayer.

RICHARD FOSTER: ONE WEEK OF PRAYER IN SCRIPTURE

Sunday: The pattern of prayer / Matthew 6:5–15.

Monday: The prayer of worship / Psalm 103.

Tuesday: The prayer of repentance / Psalm 51.

Wednesday: The prayer of thanksgiving / Psalm 150.

Thursday: The prayer of guidance / Matthew 26:36–46.

Friday: The prayer of faith / James 5:13–18.

Saturday: The prayer of command / Mark 9:14–29