

091822 Rituals: Prayer - Rev. Nicole Reilley, Chula Vista UMC

Prayer – At its simplest, prayer is

- Talking with God
- It can be Formal (written prayers, etc.) or Informal (words spoken from our hearts, etc.)

1. Prayer and the State of our Hearts (Daniel 9:18)

- God invites us to pray not because of who we are but because of who God is.
- God wants us to bring our prayers to him – his love and mercy open doors for us to connect.

2. Doubt and Faith (Mark 9:24)

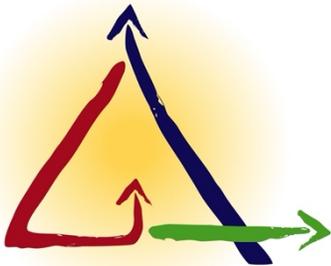
- The words, “I believe, help me with my doubts” are so powerful for us to pray.
- Being honest about our doubts and our willingness to grow through them is some of the important work of prayer.

3. Two Forms of Prayer to Try

A. Meditation – Mindfulness:

- Meditation is listening to God, being present in the moment and available to the Holy Spirit.
- Mindfulness Meditation is focused on waking up to your thinking, emotions, bodily feelings and doing it with compassion.
- How to meditate: Sit (5-20 minutes) and ask God for help (to be more compassionate, forgiving). If you are wrestling with a problem as for help or if your week is busy, ask for peace. Focus on the breath. Count breaths, if that is helpful.

B. The Up, In, & Out Triangle - A way to remember how to pray!



up • in • out

UP: Address God and thank Him.

IN: Bring God your needs and affirm your faith in God hearing you.

OUT: Bring to God concerns for others and the world. Affirm your trust God to work and ask for how you can help.

End prayer with: “In Jesus’ name. Amen.”

4. BONUS: The Gain of Prayer (adapted from the book, “The Gap and the Gain” by Dr Ben Hardy and Dan Sullivan)

- We can focus on the gap (where we have fallen short) or the gain (how far we have come)
- To use this idea in prayer:
 - Review your day each night and consider your gains.
 - Then, Thank God for them.
 - Next, think about tomorrow and reflect on what could be tomorrows gains.
 - Pray for those situations.

**Prayer matters. Start where you are and take a next step.
God will meet you and take you deeper into the rituals of faith.**