

**Prayer Practicum, Part Two**  
**KCC, January 31, 2024**  
(For Review)

**Life in the Plural**

1 Thessalonians 5:17  
*Pray without ceasing.*

1. Theologically correct your perspective: God is with you **always**.
2. Shift your mental self-talk from “I” and “me” to “You and I” and “we.”

**Peripheral Vision Prayer**

Hebrews 12:2

*Fixing our eyes on Jesus, the pioneer and perfecter of our faith.*

1. Quiet yourself in God’s presence.
2. Identify a concern that is distracting you.
3. Physically, place that concern in your peripheral vision.
4. Whisper, “Lord, You know.”
5. Turn your thoughts toward God’s character.
6. Grant yourself grace as you repeat the process.

**Heaven-Down Intercession**

Matthew 6:10

*You will be done on earth as it is in heaven.*

(See Worksheet)

(And now the rest of the teaching...)

**Growing a Relationship with The Word: *Scripture Soaking***

JEREMIAH 15:16

*When your words came, I ate them; they were my joy and my heart’s delight, for I bear your name, LORD God Almighty.*

1. Read a verse or two and then take it phrase by phrase.
2. Let a small phrase melt into you like a great piece of chocolate in your mouth. Roll it around and around in your mind until it dissolves.
3. See yourself hearing it, imagine what it might have felt like to receive it.

4. Then let the written word give way to the Living Word. Rest in God's presence.
5. Ask God what He wants you to learn about Him through His voice.

Practice, solo -- Matthew 26:36a *Then Jesus went with his disciples...*

### **Lectio Divina**

Psalm 119:11

*I have hidden Your word in my heart that I might not sin against You.*

1. *Lectio*: Read a passage. (Understand the text.)
2. *Meditatio*: Relish the passage. (Soak in it to discover its meaning.)
3. *Oratio*: Respond to the text. (Ask for and live out the text's meaning for you.)
4. *Contemplatio*: Rest in the text. (Meet God there.)

Practice, in groups of two – Matthew 26:36 *Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray."*

### **Slow Study**

2 Timothy 2:15

*Study and do your best to present yourself to God approved, a workman [tested by trial] who has no reason to be ashamed, accurately handling and skillfully teaching the word of truth.*

(See Worksheet)

### **Daily Examen**

Psalm 16:7

*I will praise the Lord who counsels me, even at night my heart instructs me.*

- (1) Become aware of God's presence.
- (2) Review the day with gratitude. (Thankful for small things.)
- (3) Pay attention to your emotions.
- (4) Choose one feature of the day and pray from it.
- (5) Look toward tomorrow.