Lent 2020: A quiet time of prayer and reflection on five spiritual disciplines: Solitude, Prayer, Fasting, Meditation and Servanthood.

Wednesdays, March 4th to April 1st,

12-1 pm/6-7 pm

A guide for each discipline is available at Hope or online to make the most of your experience.
Today we are going to look at the spiritual discipline of prayer. First, answer these diagnostic questions:

1. Is there a regular time of the day that you commit to prayer?

2. Is there a place you retreat to which is your place of prayer?

3. Is there a format that you utilize that aids you in your prayer walk?

4. Do you get distracted easily as you come to the Lord in prayer?

5. Is prayer something you have to do, or a discipline that you enjoy doing?

6. Is your prayer life motivated by the Law (do this and don’t do that) or is it motivated by the Gospel (the good news about Jesus Christ)?

Read Mark 1:35. What do you learn from Jesus about prayer?

Prayer is such an integral part of a Christian’s life, but maybe the one part we also struggle with the most. One moment it can be so beautiful and faith building and the next moment we despair because our prayer life is so weak and inconsistent.

Maybe our first prayer ought to be, “Lord, teach us to pray.” Do you believe that the One who loves you more than you could ever imagine, more than you deserve, desires to have such a relationship with you that you are free and joy-filled in coming to Him in prayer? If your answer is “Yes” and even a hesitant “Yes” than ask Him to encourage and spur you on to pray.
So let’s pray

**Read Matthew 6:5-13.** Using the Lord’s Prayer as the basis for your time in prayer, lift up the following:

**“Our Father in heaven.”**
Give thanks that we can call Him, “Father.”
Give thanks for the body of Christ and the fact that we can call Him, “our” Father.
Spend time rejoicing in prayer over the relationship of grace the Father initiated with you.

**“Holy be Your name.”**
Life up, in a prayer of praise, all the names you know for the Lord.
Pray that His name would be kept holy in your life.

**“Your kingdom come.”**
Give thanks for Jesus coming down to this earth to rescue us.
Pray for kingdom expansion (lift up all those in your sphere of influence who don’t know Jesus).
Pray that you will be ready for the return of Christ.

**“Your will be done on earth as it is in heaven.”**
Pray for a deeper understanding of God’s will:
For you.
For your family.
For your church.
“Give us this day our daily bread.”

Pray for physical healing for yourself and others.
Pray for the homeless and hungry.
Pray for protection from the Coronavirus.

“Forgive us our sins as we forgive the sins of others.”

Spend time confessing your sins in prayer.
Pray for strength to forgive those who have wounded you.
Pray for your enemies.

“Lead us not into temptation.”

What is tempting you today? Pray for strength to withstand that temptation.
Lift up those around you who are dealing with addictions.

“Deliver us from evil.”

Pray that Satan may not have sway in your life.
Pray for those in our world who call evil good.

“For Yours is the kingdom, power and glory, forever and ever. Amen.”

Read Psalm 145 and pray your way through that Psalm.