

## **Journey Course Three: How to Pray** **#2 – Inward Prayer**

Let's consider a range of ways to be prayerful, starting with "Inward" or "*Pretty-Much-On-Your-Own*" prayer disciplines. Next week we'll look at a few more ways to be prayerful that are a sort of mix of both. Finally, we'll talk about "Outward" or "*Pretty-Much-With-Others*" prayer activities.

### **Inward or Pretty-Much-On-Your-Own Prayer**

**Build a** \_\_\_\_\_.

Meet with God for prayer every day at a certain time in a certain place, so that you leverage regularity to your advantage. Don't wing it. Be intentional.

**Use** \_\_\_\_\_.

We are physical creatures, so pray physically.

**Practice the Three S's:** \_\_\_\_\_/ \_\_\_\_\_/ \_\_\_\_\_.

Psalm 131, "I have calmed and quieted myself..." Leave behind the music, the earbuds, the phone, the internet...most everything except you and your Bible...and seek the Lord for his sake.

**Recite a Centering** \_\_\_\_\_.

This will be a passage that you memorize and often recall when you show up to meet God. It acts as a "home" for your mind as you set aside the busyness of it all and choose to attend to the Lord.

**Learn a Centering** \_\_\_\_\_.

This may be any prayer that has touched your heart for one reason or another, but which is inviting and helps your spirit to turn towards God. Memorize it and recite it as a way of entering God's presence.

**Go on** \_\_\_\_\_.

Jeremiah 6:16, "Stand at the crossroads and look around. Ask for the old godly way and walk in it. Follow its path and you will find rest for your souls." Go somewhere in a prayerful spirit, seeking to be led by God on the journey.

**Say the** \_\_\_\_\_.

Luke 18:13, the tax collector who was so overcome with grief for his sin prayed to God saying, "O God, be merciful to me, for I am a sinner."

**Use a Prayer** \_\_\_\_\_.

A prayer journal is not a diary, nor a record of what you've done. Write prayers to God, which slows down your brain and allows you to relate sincerely to him.

**Pray with** \_\_\_\_\_ **You Do.**

1 Thessalonians 5:17, "Never stop praying." Develop faith muscles to have an ongoing conversation with God throughout the day, regardless of the situation.

**Try the** \_\_\_\_\_.

Psalms 139:1, "O Lord, you have examined my heart and know everything about me." 1 Corinthians 11, "...Examine yourselves." Reflect on the day's "consolations," things that cause faith, hope and love to grow, and "desolations," things that disconnect us from God's blessings. Give them both to God, confess sin to him, thank him for his goodness and move in faith.

**Pray the** \_\_\_\_\_.

John 15:7, "If you remain in me and my words remain in you, ask whatever you wish and it will be given you." There are so many magnificent Scriptures you can pray back to its author. Some of Rod's favorite Psalms...2; 3; 5; 6; 8; 13; 16; 22; 23; 25; 27; 30; 31; 36; 40; 42; 46; 51; 57; 63; 71, 84; 90; 91; 96; 98; 100; 103; 104 107; 116; 118; 119; 120-134; 139; 141; 144; 145; 146.

**Pray** \_\_\_\_\_ **Prayers, Poems, Hymns.**

Books of prayers can keep us focused and help our imagination go somewhere with God. Avoid "devotionals," which are "pre-chewed" and instead search for heartfelt prayers, poetry and lyrics that take you somewhere with the Lord.

**Use Prayer** \_\_\_\_\_.

Luke 24:50, "Jesus led them to Bethany, and lifting his hands to heaven, he blessed them." Standing, bowing, kneeling, lying on the floor, dancing or raising arms. None are more spiritual than any other and none should ever be required.

**Find a Prayer** \_\_\_\_\_.

Matthew 6:6, "When you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you." This could be a room, a retreat, that spot on the couch, a special chair, a spot outside in the back, or even a real closet. But wherever it is, go be alone for your regular prayer time with God. This will require much trust.