

PRAYER

A Conversation
with God

PRECEPT

ROMANS 8:26-27

²⁶ In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. ²⁷ And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.

EXODUS 3:13-14

¹³ Moses said to God, "Suppose I go to the Israelites and say to them, 'The God of your fathers has sent me to you,' and they ask me, 'What is his name?' Then what shall I tell them?" ¹⁴ God said to Moses, "I am who I am. This is what you are to say to the Israelites: 'I am has sent me to you.'"

PROMISE

As we end our prayer series, let us take some time to reflect about prayer moments in our lives. Think back to when you were younger, perhaps when you were a new Christian or when you were a child. What was prayer like for you then? What was your experience of it and how did you pray? Can you remember a time when prayer felt alive and meaningful? Spend time relishing the gifts of that season. Can you remember a time in your life when prayer was difficult for you? As you think about that season, what do you notice?

Prayer is defined as the dynamic process of sharing presence with God. Communicating with Him and even just being with Him, just being in the company of the Most High. There are many kinds of prayer, the following are some of them:

UNCEASING PRAYER. These are short prayers that are usually Scripture prayed throughout the day. Thessalonians 5:17 says, "*Pray without ceasing.*" God invites us to turn our attention back to Him throughout our day, in any and every situation. Our every breath speaks the name of God YHWH (Exodus 3:13-14). Romans 8:28, 10:8 also says, "*He does our praying in and for us, making prayer out of our wordless sighs... the word that saves is right here, as near as the tongue in your mouth...*"

PRAYERS OF LAMENT. These are prayers that express our anger, pain, and sorrow to God. In them, we may cry out "*How Long, O Lord*" or accuse God of abandoning us. However, we do so in the context of covenant relationship and a renewed vow of trust. Examples of Psalms of Lament are chapters 12, 13, 22, 74, and 77. Through this God invites us to bring the whole range of human emotions to Him, to be honest with Him and ourselves about anger, fear, grief, and longings.

CONTEMPLATIVE PRAYER. This is about being present with God without the need for words. It is prayer beyond words. It also involved being still in the presence of God. Romans 8:26-27 tells us, "*²⁶ In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. ²⁷ And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.*" Through this kind of prayer, God invites us into an intimate presence. "*The essence of prayer is not so much what we do as what God does in us. Meeting God in prayer is responding to the Divine invitation to relationship.*" (D. Benner).

As we continue to strive for a great year this 2023, may we also continue to cultivate an intimate prayer life; one that is focused on God and on becoming closer to Him. As we do, may we come to know Him more, His will for our lives, and to live like Christ did and follow His example.

PRACTICE

1. Message. What is one thing that stood out to you from this week's message?

2. Prayer Life. How would you describe your experience of prayer in this current season of your life? What is one practical step you can take tomorrow to improve your prayer life?

PRAYER

I. East Life Connections

- Pray for these couples as they lead the East groups: Domingo & Torres.

II. West Life Connections

- Pray for these couples as they lead the West groups: Solidum, Fabregas, and Gamboa.

III. Young Once Life Connections

- Pray for our coordinators Rene & Lita Alipao as they continue to lead this group.

IV. Church

- Pray that our church will always be a community of loving, caring, and genuine followers of Christ.

V. Discipleship

- Pray that we will have a burning desire to passionately disciple our family and our loved ones for His glory.

VI. Worship Services

- May we invite more people to come to church and experience a welcoming and loving family of believers.

VII. Growth

- Pray that we will intentionally introduce Christ to our friends and family through our lives.