"Prayer might be the most important practice you can choose."

Prayer connects us with _____ and the heart of _____

Personal prayer _____ us

Communal prayer _____ us

Prayer involves _____, _____, and _____

Prayer is an _____ in any _____

Prayer is _____ when we have no _____

How will you draw near to others and to the heart of God through prayer this Lent?

- Which _____ prayer(s) are you praying?
- What _____ prayer(s) are you practicing?
- When will you pray in order to _____?

40 DAYS
of Spiritual Practices

⊕
⊖

Explore a variety of spiritual practices each week during Lent. These practices can involve subtraction—setting limits—or addition—trying something new—as you become more like Jesus in authentic community. Choose how you practice from the ideas listed below.

Prayer ⊕

Defining the practice

This practice of addition is about communication with God through words, Scripture, or even silence. It is a two-way conversation that happens by speaking and by listening to Him.

Why this is helpful

Prayer affects us and the world. As we talk with God, He works in us and through us to enact change according to His purposes. Our prayers become more effective as we want what God wants. Prayer is a key way we participate in His mission of redemption.

How to practice

Get started

- Pray the words that Jesus taught us from Luke 11:2-4.
- Choose a translation that is less familiar to you, such as The Message or The Living Bible.
- Pray these words at the same time each day for a week.
- Pray slowly and pause after each line. Add your own words if you want to complement what Jesus gave to us.

Next level

- Do the same practice above with a longer text like Psalm 23.
- Practice praying in silence through a listening prayer where you pause and listen for God more than speaking to Him.

Time to reflect

At the end of the week, how did this practice help bring you closer to God and others?