



Prayer Experience – Week 3

p. 37-38 & 95-97 Facilitator Guide Book (green)

This experience follows an **Up, In** and **Out** movement of prayer designed to help guide our time together. During this prayer experience you will be led to:

LOOK UP - By focusing first on the greatness and goodness of God.

GO DEEPER IN - Into God's truth and what it reveals about who He is and who He is calling us to become.

PRAY OUT - That His Kingdom would come to transform our hearts and the world around us.

Group Prayer Time – 30 minutes

All things begin first with God: His glory, majesty and power. We want to begin our time by simply looking to Him and acknowledging His worth above all things. In looking up, we set out to focus our hearts together on Him.

- Scripture Reading 1: Psalm 8
- Silent Reflection
- Responsive Group Prayer

- Scripture Reading 2: Philippians 2:1-11
- Silent Reflection
- Responsive Group prayer

- Scripture Reading 3: Psalm 148
- Silent Reflection
- Responsive Group Prayer

Individual Prayer Time – 60 minutes

In prayer we are led by the Holy Spirit to look deeper in. Deeper into the truth of the Bible and deeper into our own hearts as He reveals to us those areas that we have attempted to hide away from His view and the view of others. Take time to allow Him to speak by His Word and by His spirit as you journey deeper in.

Divine Reading (Lectio Divina)

1. **Read** - Don't give in to the temptation to simply glance over these passages, some of which may be very familiar to you. Take time to read them, and in turn, allow them to read you. You may find it helpful to read each passage a few times, pausing each time before reading and asking God to speak the truth of each word to your heart.
2. **Reflect** - After reading allow time and space to reflect or ponder in your heart what you have just read. Allow God's word to become His word to you and illuminate the deep

truth of the text by the Holy Spirit. Feel free to make notes of word or phrases you don't understand or may want to explore further.

3. Pray - After you've read and reflected on the passage, move on to prayer. Through your spoken and written word, dedicate the truth of His word to Him in your heart.

If it helps you formulate your prayers, think through these people groups etc and make prayer notes accordingly:

- Family, friends
 - For us in your Rooted group from our prayer requests
 - For Foundations and the Church throughout the world, to accomplish His will on earth as it is in heaven
 - For your purpose
 - For those with whom God wants you to tell Your Story
 - Our community
 - Our nation and leaders
 - The world and world leaders
 - People in whom God wants you to invest
4. Contemplate - Contemplate the truth of what has been revealed through His word. God speaks: take time to listen, wait and rest in the reality of His presence and the fullness of His love.
 - Scripture Reading 1: Psalm 139
 - Silent Reflection
 - Responsive Prayer/Journaling

 - Scripture Reading 2: Romans 6:1-14
 - Silent Reflection
 - Responsive Prayer/Journaling

 - Scripture Reading 3: Ephesians 1:3-11, Galatians 5:16-26
 - Silent Reflection
 - Responsive Prayer/Journaling

Group Debrief - 30 minutes

Take time to debrief the experience over a meal, if possible. Discuss how each person was able to meet with God and engage His voice through prayer and Scripture.

Additional Options:

** If you do the Prayer Experience during your regularly scheduled group meeting you might consider one or both of these options to provide your group enough time...*

1) Extend your meeting time by 30-45 minutes.

2) Have group members do the "Individual Prayer Time" before your group meets.

*** If your group fasts together you might consider starting the fast 24 hours before your group meets. When your group gathers do the "Group Prayer Time", and then break the fast together with a meal. During the meal you can do the "Group Debrief" and Week 3 discussion.*