



# SPIRITUAL FORMATION

## PRAYER

Prayer is the means by which we respond to and open ourselves up to God, which means that our relationship with God is cultivated by prayer. If you want to know God, and be formed by God, try praying.

1. Pray for one thing everyday this month.
2. Pray with a structure.
3. Pray without words.
4. Pray with someone.

### PRAY FOR ONE THING EVERYDAY IN A MONTH

Pray for a person, a situation, a need you see that matters to you, and see what happens as you use this request as your meeting place for God. Take note of the ways God shows up and the ways you feel God absent.

### PRAY WITH A STRUCTURE

There are lots of ways you can use a “template” to pray.

#### HELP, THANKS, WOW

Ask God for help with something you need help with. Then thank God for things you are grateful for. Lastly, talk to God about something that’s happening that seems to point to the fact that God’s thoughts are not your thoughts, and God’s ways are not your ways.

#### ACTS

**Adoration:** Spend some time thinking about the ways that God’s ways are not your ways, and that there are amazing things in the world that point to how beyond our understanding God is. There are passages in Scripture that might help you do this like Psalm 104, 135 or 148 or 150.

**Confession:** Confess the ways that you’ve gotten it wrong to God. Ask for forgiveness and healing, and for the God’s Spirit to continue to help you see yourself as you really are: imperfect and perfectly loved.  
**Thanks:** Express your thanks for God for the good things in your life, and maybe the not so good things that yielded good things in your life despite their difficulty.

**Supplication:** Ask God for what you need, and pray for the needs of others in your life and community.

#### THE LORD'S PRAYER

You can find the Lord’s Prayer in Matthew 6:7-15. In it, Jesus teaches us what the scope of prayer is and we find it is ALL of life. If you’d like help thinking through and praying the Lord’s Prayer, there are several good books, but my favourite is Darrell Johnson’s book [“57 Words that Changed the World”](#). Also, you can check out [The Prayer Course](#), which is an online course that walks you through how to pray the Lord’s Prayer.

### PRAY WITHOUT WORDS

Try centering prayer. To learn what centering prayer is and how to do it, you can visit our Formation moment from [May 20th](#). You can also visit [this website](#) to learn more.

### PRAY WITH SOMEONE

Pray out loud with someone in your world. If this is new for you, keep it simple. Jesus says in Matthew 6 when he teaches us about prayer not to use fancy words, but just to be honest. Praying together is a good way to increase connection with one another, and to hear from God together as we see our prayers being answered. So try it!