

Prayer Experience

This experience follows an Up, In, and Out movement of prayer designed to help guide your group's time together. During this prayer experience you will be lead 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.

LOOKING UP — 15 MINUTES (ALL TOGETHER)

Rooted reminded us that all things begin with God. By looking up we set the focus of our hearts on him, and only him.

- Scripture Reading 1: **James 1:22-27** • Silent Reflection
- Scripture Reading 2: **Romans 12:2** • Silent Reflection
- Responsive Group Prayer: Take time as a group to pray for God to show up and speak.

DEEPER IN — 30 MINUTES (INDIVIDUALLY)

Rooted showed us how to be led by the Holy Spirit to look deeper in. Deeper into the truth of God's word 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 this time to be still and listen for His spirit to speak.

Divine Reading (Lectio Divina)

Read: Remember to take your time while reading **Galatians 5:16-22**. Don't simply glance over them. Take the time to read each passage a few times, pausing after each reading and ask God to speak to you.

Reflect: After reading allow time to reflect on what you have just read. What does it make you feel? What does this tell you about God, Jesus, and Holy Spirit? Allow God to show you the depth and truth of the scriptures.

Pray: Through your spoken and written words, dedicate the truth of His word that you have just read to your heart.

Contemplate: Then contemplate on the truth of what has been revealed through his word. God speaks...take time, listen, wait and rest in the reality of his presence and the fullness of his love.

- Scripture Reading 1: Psalm 8
- Silent Reflection
- Responsive Prayer/Journaling:

PRAYING OUT — 20 MINUTES (ALL TOGETHER)

Jesus taught us to pray in Matthew 6:10, “Your kingdom come your will be done on earth as it is in Heaven.” Jesus taught that the Kingdom of Heaven is not something or someplace else we wait for but that it is a present reality that we can experience now! That is why we pray for broken things to be made right, for the sick to be healed, for the oppressed to be set free, and for those around us to come to know the life and love that God offers through his son Jesus.

Suggested Points of Prayer

- Our friends, family members, co-workers and neighbors that have yet to come into a relationship with Jesus
- Our church community
- The victims of hunger, fear, injustice, and oppression
- The sick among us

DEBRIEF — (ALL TOGETHER)

Take time to debrief your experience and discuss how each person was able to meet with God and engage His voice through prayer and scripture.