

# The Rumour of God: Prayer for Beginners

Kirsten Anonby: *Living Waters Summer Grow Series*

## What is Prayer?

### 1) Where God and humans meet

### 2) Talking to a God who Listens

- a. Adoration – praising God for who He is
- b. Confession – confessing our sin.
- c. Lament – grieving over the brokenness in the world
- d. Thanksgiving – thanking God for who He is
- e. Asking God for what we need
- f. Asking God to meet the needs of others

### 3) Listening to a God who Speaks

- a. Lectio Divina (Latin for “divine reading”)
  - i. Reading
    1. Ask God to speak to you
    2. Read a passage (not a long one)
  - ii. Meditation
    1. Ask questions of the text
    2. “chewing the cud”
  - iii. Prayer
    1. Respond to God
    2. Talk to God about your thoughts and emotions
    3. Wrestle with any action it calls you to
  - iv. Contemplation:
    1. Silence
    2. Resting in God’s presence
- b. Listening Prayer
  - i. Journaling
  - ii. Asking God a question, and writing whatever comes to mind.

### 4) A love relationship with Jesus

## Four Critical Ingredients for Prayer

### 1) Silence & Solitude

- *35 Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. 36 Simon and his companions went to look for him, 37 and when they found him, they exclaimed: “Everyone is looking for you!” – Mark 1:35-37*

- **Practical Ways to Practice Solitude:**

- 20 minutes of silence a day daily
- Personal Retreat – 24 hours alone with God.

### 2) Honesty

- *Search me, O God, and know my heart;  
test me and know my anxious thoughts.  
24 Point out anything in me that offends you,  
and lead me along the path of everlasting life. – Psalm 139: 23 - 24*
- **Practical way to grow in honesty with God: The Examen**
  - At the end of this day, how am I feeling?
  - How am I feeling about that feeling?
  - What has made me sad?
  - What has made me angry?
  - What has made me glad?
  - What has made me anxious?

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- Is there anything I need to confess?
- What is my body telling me?

## 3) Trust

- *Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take. – Proverbs 3:5-6*
- **Practice to help us grow in our trust relationship with God:**
  - Reading Scripture

## 4) Tasting & Seeing

- *Taste and see that the LORD is good. Oh, the joys of those who take refuge in him! – Psalm 34:8*
- **Practices to help us taste & see:**
  - Praying Scripture
  - Praying in tongues
  - Worship

## Book Recommendations

### *Regarding Struggles with Doubt or Hearing God*

- Disappointment with God – Philip Yancey

### *Regarding Silence and Solitude*

- Out of Solitude – Henri Nouwen
- With Open Hands – Henri Nouwen

### *Regarding Learning and Growing in Various Types of Prayer*

- Prayer: Finding the Heart's True Home – Richard Foster