



THE BIG IDEA

PRAYER IS THE CONTINUAL PRACTICE OF ALIGNING OUR WILL WITH THE WILL OF GOD.

WHY DO WE NEED TO KNOW IT?

PRAYER IS HOW GOD SHAPES US AS INDIVIDUALS SO THAT WE CAN HELP SHAPE THE WORLD.

WHAT ARE WE GOING TO DO ABOUT IT?

PRACTICE. MEDITATE ON GOD'S WILL AND REACH TOWARD IT. ALLOW GOD TO RESHAPE THE WAY WE SEE THE WORLD THROUGH EVERYDAY MOMENTS RATHER THAN JUST MOMENTOUS OCCASIONS.

START HERE

This series is all about the spiritual rhythms that Christians need to practice to connect with God, and grow in faith.

We will be covering a number of topics, and we want our entire church to be a part of the conversation. If you missed the message on Sunday, you can catch up [here](#).

CONVERSATION GUIDE

In Ryan's message on Sunday, he asked some commonly asked questions regarding prayer. These are important questions to explore with the group. Below is some language to help guide the conversation. This is meant to help, but feel free to go with the flow.

Question 1: What is prayer, really?

The Big Idea from this week is that **prayer is the continual practice of aligning our will with the will of God.**

While many people approach prayer as a way of shaping God to our will by getting God to do things that we ask for, scripture points to something different. When Jesus instructs His disciples how to pray, He says to pray for God's will to be done on earth as it is in heaven. How does that happen? How does God's will break through into the world we live in? The Gospel shows us that it happens through followers of Jesus who are continuously practicing seeing the world through God's eyes. See [Matthew 6:5-10](#).

ADDITIONAL RESOURCES

- The Liturgists Podcast: *Episode 14- Meditation-* [LISTEN](#)
- Forefront Blog- [READ](#)
- N.T. Wright on Prayer- [READ](#)

UPCOMING EVENTS

OCTOBER 17th

- Serve at the Father's Heart
- Good Sense 1.0

OCTOBER 24th

- Serve with the Bowery
- Chili Cook-off in Central Park

NOVEMBER 5th

- FCQ Session 3: LGBTQ and The Church: Building Bridges Across the Divide with Justin Lee at Roulette in Brooklyn

Question 2: How often should we pray?

Praying together at church and small group meetings is so important. Communal prayer helps us to connect to one another and to God, but is it enough? Paul instructs the church in Thessalonica to **"PRAY WITHOUT CEASING."** Praying continuously can seem overwhelming, but it doesn't have to be. There are certainly times when prayer should happen explicitly, both corporately and privately, but "praying continuously is about opening ourselves up to what God is trying to show us throughout our everyday lives. We can pray by meditating on a scripture verse on the train, exhibiting grace in a difficult conversation at work, or allowing our hearts to be moved when we hear of a tragedy on the news. Praying continuously is about seeing our lives through the lens of the Gospel, and allowing that point of view to challenge, encourage, and shape us.

Question 3: What will happen if we do?

If we allow the continual practice of aligning our will with the will of God to become a rhythm in our lives, our point of view will shift towards that of Jesus. The way we live will be more oriented around the Gospel, and the world around us will be impacted to resemble the kingdom of Jesus because of it. We will be everyday agents of peace, grace, justice, and beauty, in ever-increasing amounts.

BENEDICTION

In closing, pray this prayer together, from Seeking God's Face,

"GREAT AND MIGHTY GOD, BECAUSE OF JESUS I CAN SEEK YOUR FACE; BECAUSE OF JESUS I MAY ENTER YOUR PRESENCE; BECAUSE OF JESUS I'M MADE, WITH ALL YOUR PEOPLE, INTO A HOUSE OF PRAYER; BECAUSE OF JESUS YOUR EARS ARE OPEN TO LISTENING TO MY PRAYERS. AND SO I PRAY IN JESUS NAME, AMEN."