



Experience 03: Prayer

Wednesday, January 13, 2021

Mark 1:35

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.

At Christ's Church of Flagstaff, as well as many other churches, we have used an experience called Rooted to Help One Another Follow Jesus. If you haven't experienced Rooted yet, you should investigate it. In one of the readings the authors of Rooted wrote this regarding the purpose of Prayer: **"When you pray in earnest, you come face-to-face with**

the God of the universe, the God who shows you grace, the God who adopts you, the God who guides and strengthens you. When you pray, you step into God's Kingdom, His world- the place where God rules without push back."

Prayer has the potential to be so much more in our lives than simply talking to God or asking Him to do things. Neither talking to God or presenting our requests are bad things, but they often become the limit to our experience with Prayer.

We can experience so much more. Each week of this 40-day journey I want to push the envelope of your experiences in regard to prayer. You may be praying in new ways, ways that seem different than your previous experiences- lean in and see what God has for you. Have you always wondered why it seems that some followers of Jesus seem to hear from Him directly and some don't? Here's

another quote from Rooted, "When God speaks to us, it is usually when we have slowed down enough to empty our minds of our agendas and things that distract us." I believe that God speaks to all of us- and some of us hear Him and some of us don't. Want to hear Him more? Me too.

Actions to take

- Take a few deep breaths. For reals yo, slow down, breathe in deeply and let that breath out slowly. Repeat a few times.
- In your heart ask God to help you grow in Prayer over these next few weeks.
- In your journal spend 3 or 4 minutes writing a prayer to God about something that is on your mind (a problem, concern, need). Now spend 3 or 4 minutes (set a timer on your phone if that helps) asking God if there is anything He wants to say to you.
- Write down whatever you hear God say.