

# Practices of Jesus: Prayer

- **Prayer is not an** \_\_\_\_\_ . (Luke 23:40-43, 6:40)
- **Prayer is not a** \_\_\_\_\_ . (Acts 19:16)
- **Prayer is the** \_\_\_\_\_ **act of intentionally**  
\_\_\_\_\_ **and** \_\_\_\_\_ **with God.** (Matt. 6:%)
- **Jesus Prayed Alone (\_\_\_\_\_ Prayer)** (Mark 1:32-33, Luke 5:16)
- **Jesus Prayed For Others (\_\_\_\_\_ Prayer)** (Luke 22:31-32, John 17, Matt 19, Heb 7:23-25)
- **Jesus Prayed With Others (\_\_\_\_\_ Prayer)** (John 11:41-43)

**Contemplative Prayer:** How will you regularly get away and get alone with God?

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**Intercessory Prayer:** If you're not connected to our Prayer Chain, sign up to receive prayer requests/updates and to pray for one another. If you'd like to be a part of this, please email [may@bbcc.org.nz](mailto:may@bbcc.org.nz). If you have a prayer request, send it to [prayerchain@bbcc.org.nz](mailto:prayerchain@bbcc.org.nz).

**Communal Prayer:** How will you regularly pray with others in the church?

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# Mornings with Jesus

## What You'll Need:

- A quiet place
- A cup of coffee/tea
- A candle and matches

## What You'll Do:

1. Make yourself a cup of tea or coffee and find a place where you can sit quietly and undisturbed. Once you've settled, light the candle across from you.

Throughout Scripture God is often compared to or represented by a flame. This candle is meant to remind you that God is with you. We encourage you to picture Jesus sitting across from you during this time.

2. Take a moment to come to a place of peace and quiet, close your eyes, breathe, and pray: Ask Holy Spirit to clearly guide your thoughts during this time to have a meaningful encounter with Jesus.
3. On the next page you'll find a list Conversation Prompts, questions asked by Jesus in the Gospels that are now directed towards you. Read the question and imagine Jesus asking this question to you directly.
4. Answer this question in your mind, out loud, or in a journal as if you were having a conversation with Jesus.
5. Work through 1 or 2 prompts, and when your down extinguish the candle and head into your day remembering that God is with you.

# Conversation Prompts

1. **“Where is your faith?”** Tell Jesus about places where you’ve trusted him recently or places where you’ve struggled to trust him. (Luke 8:25)
2. **“Why do you call me ‘Lord’ and not do what I tell you?”** Tell Jesus about the ways you’re struggling to follow his leading in your life. (Luke 6:46)
3. **“What are you arguing about?”** Tell Jesus about a current conflict you’ve had or are having with someone else. (Mark 9:33)
4. **“Do you love me?”** Tell Jesus why you love him. (John 21:15-17)
5. **“Who condemns you?”** Tell Jesus from where or whom you’re feeling shame or condemnation. (John 8:10)
6. **“Why do you call me good?”** Tell Jesus why you consider him to be so good. (Mark 10:18)
7. **“Do you believe that I am able to do this?”** Tell Jesus about a humanly impossible situation you’re need him to intervene in. (Matthew 9:28)
8. **“Why do you doubt?”** Tell Jesus about where you’re experiencing doubt and questions. (Matthew 14:31)
9. **“What are you looking for?”** Tell Jesus what you’re searching for in your life right now. (John 1:38)
10. **“Who do you say I am?”** Tell Jesus how you see Him to be in your life right now. (Matthew 16:15)
11. **“What do you want me to do for you?”** Tell Jesus what you most need from him in this season. (Mark 10:51; Luke 18:41)

# Evenings with Jesus

The Daily Examen is a prayerful reflection originating from the spiritual exercises of Ignatius of Loyola, the founder of the Jesuits. It's a simple yet powerful way of reviewing our days in the presence of God. The Examen invites us to find God in all things, to express gratitude, and to seek guidance for the future.

**1. Enter a Place of Peace and Quiet:** As you enter this time of prayer and reflection take a moment to calm your heart, mind, and body, enter a place of peace and quiet.

Take a few deep breaths and recognize the presence of God with you in this moment. Pray and ask the Holy Spirit to guide your self-examination and your responses, pray for clarity and charity as he brings things to your mind.

When you have done this return to a place of peace and rest.

**2. Review your Day:** Look back on the day, reflect on the places you went, the people you met, how you felt, and the things you said and did. Try not to dwell on any one moment, but instead gain a sense of the rhythm of your day. Begin to thank God for the moments that we're particularly enjoyable.

**3. Lament the Failures of the Day:** Carefully discern your thoughts, emotions, and actions throughout the day.

What did you do that made you feel far from God? What did you do that you wish you could take back? What did you do that may have been a sin? Ask for the Holy Spirit to clearly guide your response to each moment he brings to your mind.

Ask the Holy Spirit for grace for those moments that were not sins but mistakes. Sin or mistake, repent of how you did not live up to the standard of Christ, ask for healing, and give all these moments over to God.

**4. Rejoice in the Victories of the Day:** Now turn your thoughts to how you've done well. What moments made you feel close to Christ? What moments during the day reflected the work that Christ is doing in and through you?

Dwell on these moments, big and small, where you loved God and loved others well.

For each of these moments praise God for how he is shaping you and using you and give these good works back to God.

**5. Give Space for God to Speak:** Give the Holy Spirit time to bring to your attention anything he wants you to pay particular attention to.

Ask him to bring to mind anything he wants you to focus on. If he does so, pray for clarity as to how to respond, is there something you need to change, someone you need to talk to, or does he just need you to be more conscious of it.

**6. Resolve to Walk with God Tomorrow:** Thank God for seeing you through this day and leading you into the next.

Look forward to tomorrow, what does it hold? Does it make you feel excited? Anxious? Do you have many plans or is it full of uncertainty?

Ask God to be with you tomorrow as he was today and as before, give your tomorrow over to God.

**7. Remain:** Return to that place of peace and quiet and when your ready end you time; with an *amen* agree with what God has spoken to your soul.