

This week's Discipline



Prayer

Prayer brings us into the deepest and highest work of the human spirit – to pray is to change our minds to God's thoughts, desires, loves, and will. Try one of these:

- **Pray "flash prayers"*** throughout the day. Silently ask for the joy of the Lord and a deep awareness of his presence to rise up in every person you encounter in a day. Tell someone afterward what you experienced.

-OR-

- **Pray a Psalm** over yourself or someone else such as Psalm 43. Ask for the Spirit's help to understand the Psalm and pray it.

-OR-

- **Pray one of the many prayers Paul mentions** in his books over yourself or someone else. Try Ephesians 3:14–21, inserting their name into appropriate places as you pray.

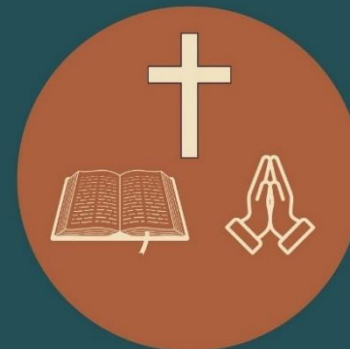
Want more information about Prayer?
Attend this week's Spiritual Discipline
class on 10/1/25 from 7–8:30p in the
Chapel.

*Adapted from *Celebration of Discipline* by
Richard J. Foster

Scan for more info on the class!



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