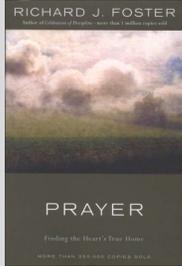


# ECOB Resources

## FURTHER READING

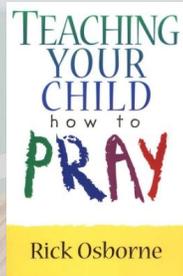


### Prayer: Finding the Heart's True Home - Richard J Foster

Prayer confronts us with great mysteries: Why is some prayer apparently unanswered? How can a finite person communicate with an infinite God? Isn't prayer merely psychological manipulation? As he guides you in understanding, experiencing, and practicing prayer in all its forms, Foster also helps you learn to be comfortable with its mysteries.

### Teaching Your Child How to Pray - Rick Osborne

How much do your children know? We teach our children academics. We give them instruction in the arts and physical fitness. We show them how to swim, skate, and ride a bike. But have we forgotten the most basic and necessary skill of all? Have we taught them to pray? Prayer is the foundation for communicating with God, growing as a person, and receiving help and wisdom for every other part of life. Teaching children to pray is one of the most important tasks parents have.



## CHURCH RESOURCES

### PRAYER CHAIN

If you need prayer, we have a prayer chain of faithful people who will lift up your prayer requests to the Lord. Email us at [office@eatoncob.org](mailto:office@eatoncob.org)

### ETCH

During Session 2 of Etch (beginning February 28) we will be offering a course called Prayer: A Spiritual Discipline. This four-week course will walk through the importance of prayer in a Christian's life. It will help introduce the many different modes of prayer as well as provide practical ways to implement prayer in your everyday life.

### LIFE@HOME Resource Center

At our resource center located by the fireplace in the Gathering Area, you will be able to find books and recipe cards that will help you make prayer and Christ a more normal piece of your life.



...[God] is inviting you—and me—to come home, to come home to where we belong, to come home to that for which we were created. His arms are stretched out wide to receive us. His heart is enlarged to take us in.

- Richard Foster

### What is Prayer 7>5>2?

Prayer 7>5>2 is LIFE@HOME's first full 120 Day Campaign of Intentionality. And what will we be intentionally doing? PRAYER. The heart behind these next 120 days at ECOB is to continue to develop a people of prayer.

### Why are we doing this?

When a church prays, God moves in miraculous ways. It doesn't matter if you're young or old. No matter what stage in life, we can all strive for a better prayer life. We hope this campaign ignites a fire inside you and your family to make communicating with God an inseparable portion of your life.

### Praying for 120 Days?

Yes! We are asking all who attend ECOB to commit to praying seven (7) days a week with the focus of God establishing opportunities for each of us to Share Life and Share Christ to those we come in contact daily. You can pray more than this if you want!

We are also asking for a commitment to praying consistently with others. Five (5) times a week we want to see families joining together in prayer. Whether you live with your family, away from your family, or have a tight knit circle of friends who you know as your family, our hope is that five times a week you gather for prayer. Don't let distance be a hindrance! Utilize Facebook, FaceTime, or any other form of communication to make this happen!

Two (2) times a week we are also encouraging each person to find a Prayer Partner with the intention of praying for ECOB, its leaders, and church vision. Our hope is that God will begin to empower us to accomplish all that He has designed and created this church body to be.

In all of these instances (7>5>2) you can pray for and about anything you want, but we encourage you to do that on top of the intentional focuses above. We also encourage you to read on in this guide for creative and unique ways to implement different methods, forms, and tools for prayer.

## **Inward, Upward, Outward**

These excerpts are paraphrased from Richard Foster's *Prayer* (see ECOB Resources on the back)

Often, when we think of prayer we think of we think of communicating to God our needs, others needs... essentially requests. But prayer is so much more! Our hope throughout these next 120 days is you begin to see how prayer can change us **Inward**, draw us **Upward** to God, and move **Outward** to care for others.

### **INWARD: Seeking the Transformation We Need**

When we receive Christ as Savior, God's desire is to restore us to who He originally made us to be. We are no longer our own, but we belong to Him (1 Cor. 6:19-20). We must allow God to examine our lives, as King David did in Psalm 139. We must allow God to purge us of all that is inside us that does not reflect Christ. When we pray for inward transformation, we are to mourn, release, and allow God to form us and shape us into His creation.

### **UPWARD: Seeking the Intimacy We Need**

When we are intentional in our relationship with God, Prayer can move us toward our Lord, drawing us nearer to Him. In this method of praying, we are like many of the psalmists who adored God with their words (Ps. 145). As we pray seeking intimacy, we find our prayers become more common, often unending (1 Thess. 5:17). We meditate on God's Word (Phil. 4:8), and ultimately we are consumed by God (Heb. 12:29).

### **OUTWARD: Seeking the Ministry We Need**

The more we are transformed and draw nearer to God through prayer, the inevitable result is we are moved beyond the concerns of ourselves to the concerns of others and the world. We are made not for ourselves, but to "do good works (Eph. 2:10)." Good works are meaningless without the involvement of prayer. Prayer doesn't only change us, prayer changes others, heals the sick, and gives peace to the suffering. This happens if we're willing to pray outward.

## **EXAMPLES OF INWARD PRAYER**

### **Simple Prayer:**

Simple Prayer is what we most commonly see in the Bible. Abraham, Jacob, Joseph, Moses, Joshua, Hannah, David, Gideon, Peter, James, John... the list goes on. This prayer involves ordinary people bringing ordinary concerns to a loving and compassionate Father. No extravagant words, no lofty praises needed. We simply speak to God because He's there with us.

### **Formation Prayer:**

If we desire a life of prayer or growing in our relationship with God, we must first be prepared to change. Prayer changes us, only if we allow God to change us. There are active and passive sides to this method of praying. Actively we pursue God. We desire to know Him through reading His word and communing with other believers. The passive side is knowing God is pursuing us! We must be observant and aware of God's desire for each of our lives.

## **EXAMPLES OF UPWARD PRAYER**

### **The Prayer of Adoration:**

We too often assume this kind of prayer can only be accompanied with a melody. It is wonderful when it is, but one does not need music to worship and adore our Lord. Seeing your child take their first steps or seeing the pinks and reds of a sunset can often bring about emotions that we should always direct toward the Lord who made it all. Give Him praise, for He is worthy.

### **Contemplative Prayer:**

Pray without using words. What? How does one do this? As the Psalmist declares, "For God alone my soul waits in silence." (Ps. 62:1) In a world where we are consumed with words (texting, social media), this is one place God can truly draw us nearer to Him. Simply sit in silence, listen, and wait for God to speak. What is He saying?

## **EXAMPLES OF OUTWARD PRAYER**

### **Praying the Ordinary:**

God isn't a piece of our lives. God is our everything! If we are to realize this, then we must be willing to pray this. Seeing God in the ordinary, mundane instances of life, and then turning them into praise and glory changes us. It not only makes us more aware of God's presence, but it also gives us a completely different approach to each new day.

### **Intercessory Prayer:**

If we are to truly be a faith community, then we must have a desire to uphold each other in prayer. Praying on the behalf of another is being a part of the body of Christ. This is a prayer of sacrifice, of selflessness for another. We set aside our wants and needs and lift up the wants and needs of another... maybe even the wants and needs others may not be aware of.