



This Sunday we begin our new worship series - Prayers of the Bible. We will be exploring how we can apply the power of prayers found in scripture to our lives today.

### Questions for Reflection:

- What did Habakkuk do when he was struggling and confused? What do you do when you are struggling and confused?
- What is Habakkuk's complaint? When have you felt like Habakkuk?
- Habakkuk would ask a question or wonder about something and God would answer. He felt comfortable speaking to God and asking questions. In what ways do your prayers resemble Habakkuk's prayers? In what ways are they different?
- Try speaking to God this week about concerns and struggles that you are experiencing or noticing in your community or in the world.

### Spiritual Practice: Prayer Suggestions

Try one or more of the following prayer methods to enrich the ways you pray. More details and additional suggestions can be found on Faith United's Spiritual Practices 101 webpage - <https://www.myfaithunited.org/spiritual-practices/>.

**Five-Finger Prayer:** This prayer practice uses each finger as something to pray for.

- \*The thumb is for those closest to us (family, friends, etc).
- \*The index finger for those who teach, instruct and heal us (pastors, teachers, doctors, etc).
- \*The middle finger, our tallest, is for our leaders (leaders of our community, church, nation, etc).
- \*The ring finger, our weakest, for those who are weak (those who are sick or hurting, etc).
- \*The pinky is for ourselves.

**A.C.T.S. Prayer:** This prayer model uses the acronym ACTS as a guide for prayer.

- \* **A - Adoration:** Tell God how wonderful God is; worship and praise God.
- \* **C- Confession:** Tell God about the things you are sorry for, ask for forgiveness.
- \* **T- Thanksgiving:** Thank God for all God has done in your life and for the things you notice in your life and the world.
- \* **S- Supplication:** Pray for yourself and pray for others.

**Breath Prayer:** First, choose a word or brief phrase to repeat in one breath. If it is a phrase, say one part on the inhale and one part on the exhale. For example, think in your mind or whisper to yourself Psalm 56:3. Next, on the inhale, think or say "When I am afraid." Then, on the exhale, think or say "I will trust you." Another way to form a breath prayer is think about your favorite name for God. One of my favorites happens to be Abba, which means daddy. For 2<sup>nd</sup> part of the breath prayer think about what you need from God. Sometimes that might just simply be his love and his peace. Abba – Fill me with your peace. Repeating breath prayers is a meditative practice that can be done with almost any age. Other breath prayer suggestions include: *Show me your way, O Lord*, Psalm 46:10, Psalm 23:1, Luke 23:46, Psalm 31:5, 1 Samuel 3:10, Luke 1:38, Psalm 136:1, Matthew 6:9

**Scripture Prayer:** Choose a Bible verse and use it as a prayer to begin and end each day. Try Psalm 100, John 3:18, Psalm 46:1 or Romans 15:13. Post it by your bed or on your mirror as a daily reminder. Think about a word or phrase that sticks out to you as you read. Pray about the word that stands out for you and what God might be saying to you.

**The Lord's Prayer:** Pray the Lord's prayer. Think about the meaning of each section of the prayer. Create a visual Lord's Prayer by drawing pictures of each part of the prayer. Try rewriting The Lord's Prayer using your own words.

**Gratitude Journal:** Create a gratitude journal to help you be more mindful of all that God has done for you. Responding with your prayers of thankfulness is one way to worship God in your daily life.

**Sing your Praise to God:** Make a list of your favorite hymns and praise songs. You may want to include hymns and songs about "Walking with God" on your list. Read or sing the lyrics to one song each day as a prayer and praise to God.