



OUR PRAYER LIFE

6th September

There is so much to be praying about! From praying for unity for GRLC while we cannot meet, to praying for the global Covid crisis and a search for the cure, there is a wave of Christians being murdered in Nigeria, widening political divides, and social media craziness! It is easy to be overwhelmed. This week, we are reminded that we were never meant to do this alone, and I have tried to provide some helpful tools for prayer, because, honestly, prayer is hard!

'PRAY'

Previously, I wrote about the 'ACTS' pattern for prayer, I found another good framework this week, conveniently structured around the word **pray**. You might like to see if this is helpful!

P - Praise (tell God how great God is)

R - Report (tell God about what has been going on in your life, both good and bad)

A - Ask (tell God your prayer requests)

Y - Yield (spend time handing over your life and circumstances to the will of God)

source: <https://healthyspirituality.org/5-prayer-tools-strengthen-prayer-life/>

Responding to God's Word

This week Scott focused on the importance of relationships in our discipleship. He challenged us that discipleship is never just me and Jesus. We are wired for relationship and were never meant to go it alone. Even in Eden, before the Fall, when Adam had perfect relationship with God, God still thought it was an incomplete without another person, so he created Eve.

This fortnight, let's commit to reaching out to at least one other person, asking how you can be praying for them, and then doing so regularly throughout the fortnight. You may even like to meet up with that person for some prayer time.

Prayer Resources

Looking for something to help you with prayer?

If you like listening to podcasts, here's an 8 part sermon series on prayer by Tim Keller:

<https://www.monergism.com/lords-prayer-8-part-mp3-sermon-series>

If you're a reader, I have found these books helpful:

C.S. Lewis, *How to Pray*

Tim Keller, *Prayer*

Join us to Pray

Zoom Prayer - Monday 7th September /// Meeting ID: 282 735 6541 /// Password: prayer

Prayer@thecentre - Sunday 13th September (details in next week's 'This Week' email)





OUR PRAYER LIFE

23rd August

I love that discipleship is a lifelong journey for all of us, and there is always more to outwork, learn, and grow. I feel re-invigorated by this RESET series and I hope that it has been impactful for you as well. Prayer is integral to discipleship as is it how we commune with God, and one of the ways that he shapes us to be more Christlike.

Scott gave us this prayer in his sermon. You might like to join me in praying this prayer each day throughout the current fortnight.

"Holy Spirit, come fill the temple of my life. You are present but my heart has been absent. I reset my heart today, return to you and know that as I do, you will draw near to me. I'm sorry for how I've been so distracted by other things, and been too easily satisfied by substitutes. Restore in me a vision for life with you that outshines all else, and help me to draw near to you with all my heart each day."

Responding to God's Word

Scott helped us to keep developing a clear picture of discipleship by defining discipleship as: **"Your life being renewed with Jesus, for Jesus, and through Jesus."** He encouraged us that discipleship is **INTENTIONAL, HOLISTIC, COMMUNAL, SELFLESS,** and **MISSIONAL.** If you missed this message, I encourage you to have a listen.

This fortnight let's focus on really letting these ideas permeate the way we think about our life. Discipleship is **'through Jesus'** so we cannot do it without the grace and empowering of God in our lives. Take time to pray about each one with Jesus. Pray that God would show you where you need to grow and pray for his power to be at work in you to form you in Christlikeness.

Breath Prayer

Join us in the challenge of establishing a breath prayer and incorporating it into our daily rhythms. More details are available on the **'Discipleship Info and Resources'** page of the GRLC website: <https://grlc.org.au/discipleship-resources/>

Join us to Pray

We have two opportunities to gather together and pray this fortnight (and every fortnight), so please join us! Make sure you check the 'This Week' email every week as the details will always be there.

Zoom Prayer - Monday 25th August /// Meeting ID: 282 735 6541 /// Password: prayer

Prayer@thecentre - Sunday 30th August (details in next week's 'This Week' email)





OUR PRAYER LIFE

9th August

As I was reading Luke 11 this morning I was reminded of the importance of **persistence** in prayer. Many of Jesus' teachings on this subject are about keeping at it. If you have been trying to commit to more prayer over the last fortnight and it has been difficult to form new habits or you haven't seen breakthrough, then Jesus' encouragement is to keep going! So I hope these resources and ideas are helpful as you do just that!

Join us to Pray

We have two opportunities to gather together and pray this fortnight (and every fortnight), so please join us! Make sure you check the 'This Week' email every week as the details will always be there.

Zoom Prayer Meeting - Monday 10th August ///Meeting ID: 282 735 6541 ///Password: prayer

Prayer@thecentre - Sunday 16th August (details in next week's 'This Week' email)

Responding to God's Word

Scott spoke to us this week from Haggai 1 about our discipleship becoming the hub of our life, not simply one of many spokes. This was a powerful image and is a consistent theme of Scripture from start to finish. This fortnight let's respond to this message in two ways:

1. Let's prioritise daily prayer as a way of placing Jesus in the centre of our day. I can easily compromise when other things get in the way of prayer time. Join me in setting firmer boundaries and choosing to compromise in other parts of life (like Netflix...) but not in prayer.
2. Let's be open and honest with God about the difficulty of making him the hub of our life. Ask for his help to reorganise your life so that he is in the centre. Ask him for practical ways to put this into practice.

Breath Prayer

Join us in the challenge of establishing a breath prayer and incorporating it into our daily rhythms. More details are available on the '**Discipleship Info and Resources**' page of the GRLC website: <https://grlc.org.au/discipleship-resources/>

Praying for Our World

Please continue to pray for our world. From the growing Covid crisis in India, to the unfolding situation in Lebanon, there is lots to be praying for at the moment. I am particularly praying for an increase in selflessness around the world as we all learn that the only way to live as a global community is to put others' needs before our own.





Resetting Our Prayer Life

Making Prayer a Habit

Habits lie at the centre of discipleship. Many of our sins are the result of bad habits that we are yet to break. In the most practical sense, discipleship is about forming new habits that help us to prioritise God and grow in Christlikeness. John Ortberg writes: 'habits eat willpower for breakfast.' What he means is that no matter how much we want to change, we will not change unless we begin to break old habits and form new ones. No matter how much we want to be a person of prayer, we won't become one unless prayer becomes habitual.

As part of the 'Reset' series, let's make forming new prayer habits a collective priority. If you're anything like me, your natural tendency will be to set a huge goal (like praying an hour a day) and then failing and stalling. Rather than falling into this trap, this week, let's together commit to habitual, committed, regular prayer time, even if it begins with 10 minutes per day. I have included a model that I personally find to be immensely helpful to give us some structure and help us to form some new habits.

God bless.

-Matt Gray

'ACTS' Prayer

ACTS is a model that I use when I need to go back to basics in my prayer life. It is just a guiding structure, not a set of hard and fast rules, so you can use it as strictly or as loosely as you find personally helpful.

A - Adoration. Spend some time in praise for God. This looks differently for different people, but you may like to speak out praise as it comes to you, read through a psalm of praise (e.g. Ps 145), sing a worship song, or silently reflect on the goodness of God.

C - Confession. Confession is a beautiful gift from God. When we regularly confess our sins to God we experience his grace and forgiveness, we feel lighter as we release the weight of our shame, we realise the brokenness that God still needs to heal, we admit the sinfulness in our hearts that still needs to be shaped in the image of Christ.

T - Thanksgiving. Take time to reflect on and acknowledge what you are thankful for. As you start to verbalise your thanks to God you will think of more things to be thankful for and it becomes easier to spend a few minutes in thanksgiving.

S - Supplication. The final stage is to make your requests known to God. This is where we pray for what we want to see him do in our life and the lives of those around us. This is where we pray for our family and friends, our neighbours, our church, our city and our world.

