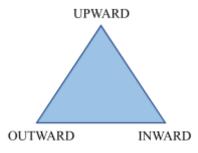
## How To Pray: Upward. Inward. Outward

Questions to Ask yourself and God while reading the Bible:



### I. UPWARD – Prayer is Devotional

What am I learning about God in this passage? How does this passage help me enter his presence? What troubles my heart that I need to lament upwards?

- Lord, I praise you that you are \_\_\_\_\_.
- Lord, I thank you for \_\_\_\_\_.
- Lord, help my mind and heart be in agreement with what you are showing me.

#### II. INWARD - Prayer is Transformational

What am I learning from this passage about myself, those close to me, or my church?

Where does this passage speak into my life/soul and how will I respond in prayer?

- Lord, I come to you asking, seeking, and knocking for\_\_\_?
- Lord, I regret \_\_\_\_\_ and ask for forgiveness?
- Lord, what do you want to show me or say to me?
- Lord, what is your will for me in this situation and what do I need to do?

## III. OUTWARD - Prayer is Missional

What am I learning from this passage concerning others? How does this passage call me to intercede for them?

- As the Lord lays someone on your heart pray for BOB (Burden, Opportunities, and Boldness)
- Lord, who are you calling me to stand in the gap with prayer? How do I need to battle the enemy on their behalf?
- Lord, what specifically do you want me to pray for and do this week?

# Lectio Divina

The ancient Christian practice meeting God through slow reading, meditating, praying, and contemplating of the Bible. Allow for moments of silence after each reading of scriptures.

1. Read (*Lectio*) – Slowly and prayerfully read a small portion of scripture. As you do allow yourself to come into the presence of God. Listen for the Holy Spirit to catch your attention with a word or phrase that "stops" you...that gets your attention...that "summons" you.

*Question:* Lord, what word or phrase are you wanting to speak to me and grab my attention?

*Temptation: to go beyond simple listening and trying to figure out why the word or passage holds meaning to me.* 

2. Meditate (*Meditatio*) – Read your passage slowly again and consider how the word/phrase is speaking to your life. Allow it to interact and work with your reason, imagination, memory, hopes, desires, or emotions.

*Question: Where is this passage speaking into my life/soul? How is my heart responding to this word/phrase?* 

Temptation: to go beyond where the word connects to my soul and try to figure out what I am supposed to do.

Note: If reading a story ask, "Where am I in this scene and what do I hear in the words addressed to me?"

- Pray (Oratio) Read the passage once more and offer your own prayerful response to what you hear God speaking to you. Prayer is engaging God, even if it is a quarrel or wrestling match, knowing that he loves you and accepts you.
  - The Lord listens and speaks in return with gentle whispers.
  - Is there an invitation from God in this passage? Response: "Lord, what do you want me to do with what you are showing me?"
- 4. Contemplate (*Contemplatio*) A time to reflect more deeply and enjoy God's presence. In your contemplation, listen for anything else the Lord may want to speak or show you.
  - Be receptive to how God wants to bring his presence into your situation. Close with prayers for yourself and others.