

The Spiritual Habit of Prayer

December 8, 2021 – Discipleship Pathway

SOUTHVIEW CHURCH

20200 Walden Blvd SE, Calgary, AB, T2X 0N4 | 403.256.4922 | southviewchurch.com

The Spiritual Habit of Prayer

Station – The Lord’s Prayer

Matthew 6:9-13

Supplies: Purple, Green, Pink, Blue, Yellow, Orange Beads, Cord 8” per adult, Snap Hook 1 per adult, Chenille Wire 1 per child.

Part 1 – The Father’s Character (Purple bead)

“Hallowed by thy name.” God is present with us, but he is also very different. He is holy, with no darkness or sin – and so we pause to acknowledge that he is what we *long to be*. As followers of Jesus we want God’s holiness *to be a reality in us* so that other’s may see Him here on earth.

Part 2 – The Father’s Kingdom (Green bead)

“Thy kingdom come, thy will be done on earth as it is in heaven.” We have access to God the Father – and he is king. He’s not *a* king – he’s *the* King. In this, we are saying that we want what he wants. God’s kingdom is full of light and love, and we want that kingdom to advance in this world of darkness and hate. We want what God wants: to see everyone come out of this world of sin and into God’s kingdom of forgiveness.

Part 3 – The Father’s Provision (Pink bead)

“Give us this day our daily bread.” Each of us here tonight knows that we are needy – we’re humans! In pray, we can acknowledge and admit that. Our needs can be physical, spiritual, or emotional – this is what “daily bread” implies. It is included. God has the means to meet our needs – whatever our “hunger” is. Not only are we demonstrating our need, but we’re also trusting that He will provide for us.

Part 4 – The Father’s Forgiveness (Blue bead)

“Forgive us our debts, as we also have forgiven our debtors.” We often stray from relying on God, or from the path of Jesus. In this prayer, we are asking God to help us not to stray from his place within His kingdom. And when other people stray from their path onto ours, hurting us and causing us pain, then we need to forgive them as God has forgiven us.

Part 5 – The Father’s Guidance (Yellow bead)

“Lead us not into temptation.” To this point our prayer has been dealing with our relationship with the Father and with those around us. Here it changes, now dealing with us going out into the world with the message of God’s love and forgiveness. We’re praying for God to give us the strength to be in the world but not of the world.

Part 6 – The Father’s Protection (Orange bead)

“And deliver us from evil.” We do have an enemy, and he uses temptation (among other things) to draw us away. Jesus tells us that the evil one comes only to steal and kill. He wants to steal our health, steal our joy and our love. Here, we are praying that God would keep us safe as we venture through life in service to God.

The Lord's Prayer

*Our Father in heaven,
hallowed by your name.*

Your kingdom come,

*Your will be done,
on earth as it is in heaven.*

*Give us this day our daily bread,
and forgive us our debts,
as we also have forgiven our debtors.*

*And lead us not into temptation,
but deliver us from evil.*



Station – Praying with Emotions

Supplies: Praying Mantis (optional), Crayons (empty bucket for discards)

The Colour of Our Emotions

RED:

BLUE:

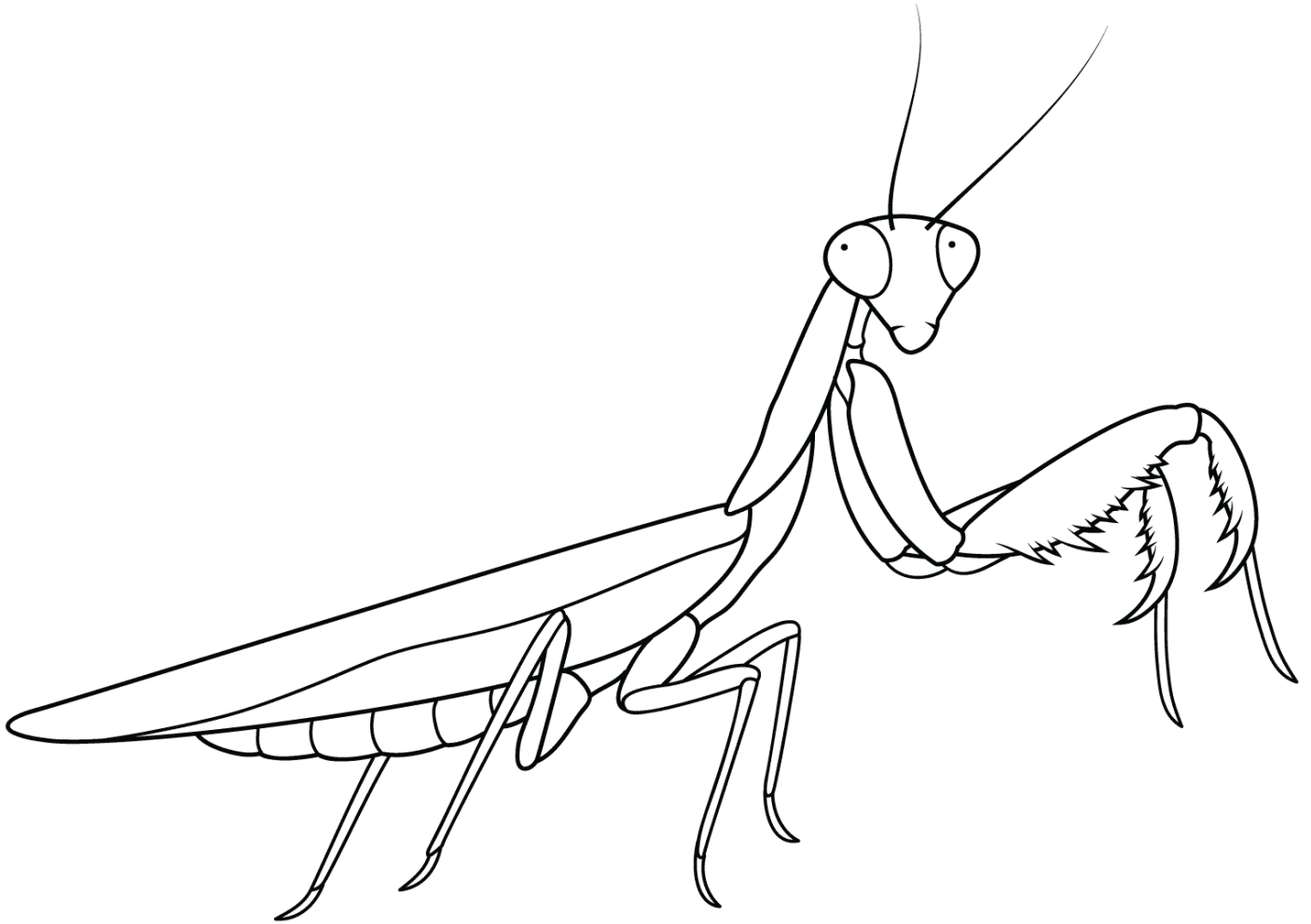
GREEN:

YELLOW:

OTHERS:

What is the result of praying with your emotions?

Praying Mantis – I wonder what she is praying about?



What color is your mantis? Why did you choose that color?

What is it praying for you?

Prayer for Sin

Narrow is the mansion of my soul; enlarge Thou it, that Thou mayest enter in. It is ruinous; repair Thou it. It has that within which must offend Thine eyes; I confess and know it. But who shall cleanse it? or to whom should I cry, save Thee? Lord, cleanse me from my secret faults, and spare Thy servant from the power of the enemy. I believe, and therefore do I speak. Lord, Thou knowest. Have I not confessed against myself my transgressions unto Thee, and Thou, my God, hast forgiven the iniquity of my heart? I contend not in judgment with Thee, who art the truth; I fear to deceive myself; lest mine iniquity lie unto itself. Therefore, I contend not in judgment with Thee; for if Thou, Lord, shouldest mark iniquities, O Lord, who shall abide it?"

Augustine

Prayer for New Life

"God fill me with your light and your love. Replace the empty places that were filled with distorted images and dependent relationship. Fill me with your presence, with your light, with images of the good and true and the beautiful. Spirit of God, now fill me from the bottom of my toes to the top of my head, fill every cell of my being with your presence. Come, Holy Spirit fill me and use me, I pray, for I give you all thanks and all glory and all praise. Amen."

Brenda Salter McNeil

Prayer for Those who Grieve

*Giver of all Gifts,
help me to hold even those I most cherish
with an open hand.*

*Let this loss not diminish me,
but break open my heart and teach me what I need to learn
that all life is yours,
that death is not the end,
that you will find us and bring us home.*

*Help my grief to melt into gratitude in due time,
and teach me complete reliance on your holy will.
Amen*

Prayer for Hope

Good God, we believe that you are here, and your presence gives us hope.
We thank you for each day of our lives.
We thank you for so many further chances to understand, to forgive again, to trust again, to love again.
We thank you that we live now, that our problems are soul sized.
We ask that you teach us and lead us, that you put the thoughts into our mind that you want us to think, the feelings in our hearts that you want us to feel.
Reconstruct us, Lord. Put us together because we don't know how to do it ourselves.
We trust that you are hearing this prayer, and that you care for the answer more than we do!
We pray therefore not alone, but with the whole Body of Christ in Jesus' name.
Amen."

Richard Rohr

Station – Intercessory Prayer

Supplies: Popsicle Sticks, Sharpie Markers

“I need to pray for people!”

Matthew 5:44

“But I say to you, Love your enemies and pray for those who persecute you,”

Luke 5:17-26

¹⁷ On one of those days, as he was teaching, Pharisees and teachers of the law were sitting there, who had come from every village of Galilee and Judea and from Jerusalem. And the power of the Lord was with him to heal.¹⁸ And behold, some men were bringing on a bed a man who was paralyzed, and they were seeking to bring him in and lay him before Jesus,¹⁹ but finding no way to bring him in, because of the crowd, they went up on the roof and let him down with his bed through the tiles into the midst before Jesus.²⁰ And when he saw their faith, he said, “Man, your sins are forgiven you.”²¹ And the scribes and the Pharisees began to question, saying, “Who is this who speaks blasphemies? Who can forgive sins but God alone?”²² When Jesus perceived their thoughts, he answered them, “Why do you question in your hearts?²³ Which is easier, to say, ‘Your sins are forgiven you,’ or to say, ‘Rise and walk’?²⁴ But that you may know that the Son of Man has authority on earth to forgive sins”—he said to the man who was paralyzed—“I say to you, rise, pick up your bed and go home.”²⁵ And immediately he rose up before them and picked up what he had been lying on and went home, glorifying God.²⁶ And amazement seized them all, and they glorified God and were filled with awe, saying, “We have seen extraordinary things today.”

Discussion Prompts:

1. What was something that impacted you from this activity?
2. How might have this activity changed the way you think about praying for others?
3. What is something you might think about from this activity when praying for others?
 - a. The weight of their burdens?

b. The laying down of a friend to Jesus?

c. How can your faith impact a friend's life?

4. What is the name of the person you prayed for?

a. How will you commit them to prayer each day?

Resources

Southview Church Library:

[Click here to go to our library online](#)

Books

Breakthrough Prayer – Cymbala, Jim
The Circle Maker – Batterson, Mark
The Daniel Prayer – Graham Lots, Anne
Experiencing Prayer with Jesus – Blackaby, Henry & Blackaby, Norman
Destined for the Throne – Billheimer, Paul
Fervent – Shirer, Priscilla
Fresh Encounters – Henderson, Daniel
Get Off Your Knees & Pray – Walsh, Sheila
Heart of a Woman Who Prays – George, Elizabeth
If You Will Ask – Chamers, Oswald
Intercessory Prayer – Sheets, Dutch
Lord Teach Me to Pray in 28 Days – Arthur, Kay
Moving Mountains – Eldredge, John
The Papa Prayer - Crabb, Larry
Power of Crying Out – Gotherd, Bill
Power of Persistent Prayer – Jacobs, Cindy
Praying Circles Around Your Children – Batterson, Mark
Praying God's Word – Moore, Beth
Praying Through Life's Problems – O'Martian, Stormie
Teaching Your Child How to Pray – Osborne, Rick
Transforming Prayer – Henderson, Daniel
Prayer – Keller, Timothy

Kits (DVD & Workbook for Groups or Individuals:

Prayer – Does it Make a Difference? – Yancy, Philip
The Prayers of Jesus – Williams, Matthew
War Room – Kendrick, Stephen
When God's People Pray – Cymbala, Jim

Children's Books and DVDs:

Teach Me About Prayer – Sattgast, L.J.
Circle Maker for Kids – Batterson, Mark
Peter's Perfect Prayer Place – Kendrick, Stephen
I Can Pray – Holder, Jennifer
Theo – God's Heart (DVD)

Recommended by our Pastors

Apps

[Lectio 365](#)

[Echo](#)

[YouVersion](#) also has a prayer tool in their app

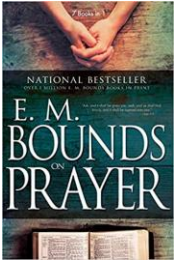
Instagram

[Thy Kingdom Come](#)

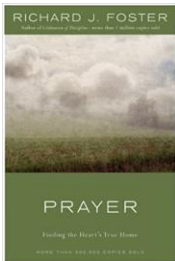
[Southview Alliance Church](#) – Shawn posts mid week prayers 😊

Books Online

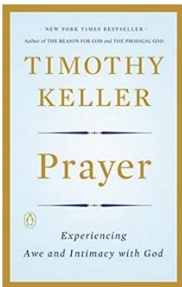
Click picture to link to online site, or go to Amazon.ca and type in the name of the book.



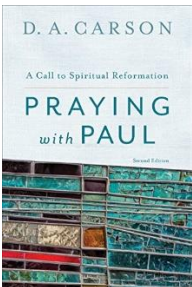
E.M. Bounds on Prayer



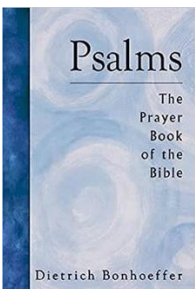
Prayer - Foster, Richard



Prayer - Keller, Timothy



Praying Paul - Carson, D.A.



Pslams - Bonhoeffer, Dietrich

 **southviewchurch**
20200 Walden Blvd SE
Calgary, AB, T2X 0N4
southviewchurch.com | 403.256.4922