



SPIRITUAL SPRING TRAINING PRAYER, February 28, 2010

When a doctoral student at Princeton asked, “What is there left in the world for original dissertation research?” Albert Einstein replied, “Find out about prayer!”

“We ponder your steadfast love, O God.” (Psalm 48:9)

Acknowledge this: When it comes to prayer, we are all beginners. While we may yearn for prayer, simultaneously, we find ourselves hiding from prayer. We are not sure what holds us back. The truth of the matter is that we all come to prayer with a tangled mass of motives. We will never unravel the good from the bad, the pure from the impure. But God can! Communion with God can lower our defenses and raise our sights.

Consider this: Don’t try to sort things out, but instead, simply share your concerns with God. Soon a personal discovery will appear. Simply by praying we learn to pray. Our prayer life is unique to each of us.

Accept this: God already knows who we are. We are the ones who must find a way to come to terms with our true selves. Prayer invites us to bring not only our thanksgiving and praise, but our ambitions, feelings, dreams, doubts, complaints, suffering, addictions, sorrows and joy. Prayer invites us to present the self that no other person fully knows.

Try this: While taking a breath say, “God, be with me in this moment of _____ (joy, sorrow, grief, distraction, agitation, anger).” The second breath might be, “God, please be with _____ (another person) in their moment of _____.”

Simply pray: “In light of your love, Gracious God, help me to keep my focus on the good gifts you have given me. Help me make the most of them, strengthened by your Holy Spirit.” OR “Spirit of the living God, surround my dreary world today. This day is too full with too little time. My heart is heavy laden. Don’t let it have the final say. Spirit of the living God, awaken my heart so that I may pray, sing, dance your song of love and joy.

Celebrate this: Our job is to be present with God for God is always present to us

“Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.” (Philippians 4: 9)

TODAY

PRAYER WALL IN NARTHEX

Simply write your prayer on a slip of paper and put it in the cracks of our Prayer Wall.

PRAY WITHOUT CEASING CLASS

Make prayer central to each day of this Lenten season by looking at prayer in a new way. Design a plan to bring you closer to the Divine. 10:45am-noon, Spiritual Life Center. All are welcome!

DURING LENT

PRAYER JOURNAL WORKSHOP - The powerful practices of intention, presence and journaling will be explored in this workshop that illuminates the gifts of prayer. Discover the physical, emotional, mental and spiritual benefits of living with an open and generous heart. **Tuesday, March 2**, 1-3pm, Parlor, led by Sandy Clark. No fee. Bring your own prayer journal or purchase a beautiful handmade in Nepal Intents Heals Journal TM for \$12. Registration suggested.

PRAYING WITH MANDALAS - Carolyn Scanlan returns to St. Luke's to introduce one of her favorite forms of prayer. Step outside your normal way of praying, leave words behind and communicate with the Divine through images and color. Come to God as a loving child! **Monday, March 22**, 7-9pm, N101/102. Leader is Rev. Dr. Carolyn Scanlan. Registration required, no fee.

HOLY WEEK PRAYER VIGIL

Sign up for 16 hour "pray without ceasing" vigil for 1/2 hour or hour from Holy Thursday, April 1 at 8pm until Good Friday, April 2 at noon. Come to Prayer Chapel/Spiritual Life Center at selected time. Walk the labyrinth in Fellowship Hall. Custodian will be present throughout the night. Call DeAnna to sign up (317-846-3404 x367).

RESOURCES

- 1) "The Awkward Season: Prayers for Lent" by Pamela C. Hawkins. Find in Oasis
- 2) "Prayer: Finding the Heart's True Home" by Richard Foster. Find in SLC library.
- 3) "When You Pray: Daily Practices for Prayerful Living" by Rueben Job. Find in Oasis.
- 4) "Praying through the Bible" by Cheri Fuller (365 devotions).
- 5) "Prayer: Does it Make a Difference?" by Philip Yancey. Find in Oasis.
- 6) "Call to the Center: The Gospel's Invitation to Deepen Prayer" by M. Basil Pennington. Find in Oasis.