

A Reflection by Rev. Paul H. Kim, Campbell United Methodist Church

Title: “Lord, Teach Us to Pray”

Series: Lord, Teach Us To Pray, Part 2

Scripture: Luke 11:1-5

Date: February 17, 2013, Lent 1

I. WHAT DO YOU THINK ABOUT PRAYER?

- Tell the other people in your pew what prayer means to you using only a word or a phrase. (15 seconds each)
- Did you pray when you were young - how, where, what did you say? (1 minute: 30 seconds each)
- Has your way of praying changing as you have matured? (1 minute: 30 seconds each)

II. DEFINITION OF PRAYER

- **St. Teresa of Avila:** Prayer is nothing more than a conversation with God, who loves me.
- Conversation means it is a dialogue. It is talking and listening.
- When we read the Bible, it is like listening to God. So even reading the Bible is like praying. It is joining a past conversation between God and others on the journey of faith.

III. WHAT THE LORD’S PRAYER TEACHES US ABOUT PRAYER

- Prayer isn’t about length. The Lord’s Prayer is only 30 seconds long; yet it is incredibly broad. Learning to pray isn’t about learning to pray long, or elaborate or sophisticated.
- When the disciples asked, “Lord, teach us to pray,” it says all of us can pray.
- It also means we can become better at prayer because prayer is about a relationship.

IV. WHAT WE WILL GAIN FROM OUR 90-DAY ADVENTURE IN PRAYER, to IGNITE OUR PASSION FOR GOD

- For some of us, it will be a refresher course in prayer. For others, it may be a boot camp in prayer. But we all can learn to pray. God is ready for you. Are you ready for God?
- The daily Bible reflection and reading will help form an important habit of hearing from God – and learning from dialogue with other Christians.
- The spiritual friendship we share will help us grow together, training us in the school of love and concern – so that we can expand this love to the larger world.

V. HOW WE WILL FORM THE PRAYER TRIOS

- Worshipers with an Orange Colored Prayer Insert will be asked to stand up, bring the insert and a pen and come to the front of the sanctuary to pick up 3 **Pray Daily** Devotional Booklet. Then they will stand in the aisles spaced around the church.
- Worshipers with a Green Colored Prayer Inserts will stand and go out in the aisles and join an Orange – preferably a man with a man, woman with woman – with someone you don’t know well.

- Worshipers with a Beige Colored Prayer Inserts will finally stand and go out in the aisle and join a twosome of people they don't know too well.
- Hopefully, everyone will be in a Trio. If not, a Trio can invite another. But no group should be more than four. If someone cannot stand, the trio can sit.

VI. PRAYER TRIO ACTIVITY

- Each trio will introduce themselves by their names
- Share each other's phone numbers and email addresses – and write them down.
- Select a Trio Guide – someone who will act as a coordinator or at least initiate the first calls.
- Decide where/when to meet or when we will call this week
- At the first meeting/call, decide on a name for the Trio.
- Trio will choose the line of the Lord's Prayer which has special significance for them today – just 1 minute each. At the first meeting, talk about the Lord's Prayer.

VII. WHAT PRAYER TRIOS WILL DO IN THEIR WEEKLY HOUR MEETING

- Word – Share – Prayer
- Word: The trio will spend twenty (20) minutes sharing insights from their personal study of the Bible readings during the past week.
- Share: For thirty minutes (30) we share about what is happening in our personal lives – it could be anything from family, to jobs, to hobbies, the blessings and needs in our lives.
- Prayer For ten (10) minutes we pray for one another in gratitude for our blessings and concerning our needs.

VIII. BODY PRAYER

- A Prayer for Strength: Hands Crossed at the Chest
- Purpose: We all need more than what we have – thirst, hunger, craving for relationships, need for faith. We need strength from outside as well as inner strength. We are born with an instinct to seek strength from God, who is willing and able to give it.
- Posture: Stand, with feet shoulder-width apart, and cross arms high on the chest and let the hands encircle your upper arms. It is not a posture of anger, but one that recognizes the strength already in your body. Allow your crossed arms to be a comforting reminder that the strength of God encircles you in all that you do.
- Prayer:
 - I need strength in my faith, to make the mountains move.
 - I need God's strength, to believe I am still seen by God.
 - I need the strength that comes from the Almighty, to walk in the paths God has left me.
 - I need your strength, Lord, to be Jesus-like,
 - to be known as a follower of the Messiah,
 - to show the love you've given the world.
- I pray and trust in this prayer and say, 'Amen,' in your name, with your strength.



(from Doug Pagitt and Kathryn Prill, **Body Prayer**, Waterbrook Press, 2005, 19-20.)