

PARTE V: Singing Prayer

Fecha @November 23, 2022

BEFORE STARTING

- Remember that we start at **7:05 pm sharp**.
- **We remind you to bring the printed guide** so that we do not get distracted by the cell phone and follow the reading.

BEGIN IN PRAYER.

Pray asking the Holy Spirit to direct and guide your time together.

TALK ABOUT LAST WEEK'S PRACTICE.

Let's remember what the practice was last week: Last week's practice was to choose one of three exercises to practice the prayer of lament. One option was to pray one of the psalms of lament, another was to write your own lament psalm, and the last option was to write in a notebook or journal.

- Who did the practice this week, and how did it go?
- What do you think is the most difficult part of practicing the prayer of lament?
- How is your daily prayer rhythm going?
 - The Lord's Prayer in the morning.
 - The Prayer of Examen at night.
- Who is still struggling to have a daily rhythm of prayer?
- Who can tell us a story to encourage us about this practice?
- Does anyone have any questions about any of the types of prayer we have done or about how to create your own daily prayer rhythm?

READ THIS SUMMARY.

No matter who you are, there is something within you or around you that you can recognize is wrong. Whether it is a specific situation in your personal life (a relative dying of cancer, an addiction to pornography, etc.) or a bigger problem around you in the world (children not having enough to eat, rape, wars, etc.). Everyone has the ability to deeply feel something that is out of place or wrong. Or maybe it's not bad; maybe it's something you just want to have in life (wanting a better place to live, feeling stuck in the ruts of motherhood, feeling anxious about a class, etc). **Big or small, we know that God sees us and cares about our situation.**

One expression for all this pain and desire that we see in the Scriptures is singing. The Psalms, as we discussed last week, are a kind of ancient prayer book. But it was not just a prayer book. It was a prayer book meant to be sung. Why? **Because worship changes us, moves God and changes situations.** Raising our voices in song can change our hearts and minds about God. It can also change our perspective on the world around us and on our own personal lives. **Augustine said that he who sings prays twice.** Whether alone in your room, in your car on your way to work, in a living room with friends, or in church on a Sunday, there is something very intimate and powerful about singing our prayers. And one of the most amazing things about singing as a prayer is that it not only changes perspective, **it can actually move God to change the world around us.**

TALK ABOUT SUNDAY'S TEACHING.

- What caught your attention about Sunday's teaching?
- Why do you think music and singing are so powerful?
- Is it easy for you to sing your prayers to God or is it difficult?
- Has anyone ever experienced something from God when they have been worshipping?

READ THE BIBLE TOGETHER.

Read Psalm 104:33, Psalm 59:16, Psalm 66:19

- What stood out to you most in these passages?

- How does it help you to know that there are psalms of lament, and of celebration?
- Why do you think David in some psalms "commanded" himself to worship and sing to God?

DO THIS PRACTICE AS A COMMUNITY RIGHT NOW.

Today we are going to practice in community something that we practice every Sunday and that is worship, singing prayer.

We are going to sing three songs. And the key is that we ALL must participate singing and worshipping. (If you don't know the lyrics, look it up on your cell phone but don't get distracted by other things)

We're gonna sing:

- Vida Tu Me Das by Hillsong (of celebration)
- Hermoso Nombre by Hillsong (of worship)
- Mi Roca by Hillsong (of lament)

READ THE PRACTICE FOR THIS WEEK.

- This week's practice is divided into two. One personal and one in community.

Practice 1: Worship in a personal way.

- In your time of daily prayer rhythm, either in the morning or at night, take time to worship God through singing.
- It can be you singing without background music or it can be singing along with a song.
- You can set a day of the week to be your day of singing prayer. Example: Wednesdays morning is going to be the day that I am going to sing my prayer.
- Or you can choose it based on how your life is going week by week. Example: I had a hard day on Tuesday. So before going to sleep I'm going to sing my prayer asking God for help.

Practice 2: Worship in community.

- One of the four commitments as a community is that we will attend regularly on Sundays.
- The second practice is that every Sunday (and Friday or Saturday) we are going to practice worship in community, in our gatherings. The lyrics are always on the screen so we can all get involved in community worship.
- And we are also going to commit that all of us as a community are going to sing here on Wednesdays when we start our time together.

Do we all commit to worship in community?

DOES ANYONE HAVE A QUESTION REGARDING THE PRACTICE OR IS IT CLEAR?

PRAY TO END BASED ON THE PRACTICE.