

PARTE VI: Day by Day in Prayer

Fecha @November 30, 2022

Remember the printed guide so that we do not get distracted by the cell phone and continue reading.

BEGIN IN PRAYER AND WORSHIP.

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

IMPORTANT

Let's remember some of the guidelines for an emotionally healthy community to practice today.

- Do not give advise or correct
- Get out of our comfort zone.
- Be brief when sharing.
- Speak in first person.

TALK ABOUT LAST WEEK'S PRACTICE.

Let's remember what the practice was last week: Last week's practice was singing prayer and it was in two parts. The first part was **personal worship**. And the second part was **community worship**.

- Raising your hand, who did the week's practice?
- Did you find it easier or more difficult to do this form of prayer, and why?
- How are you doing establish your daily rhythm of prayer?
 - The Lord's Prayer in the mornings

- The prayer of exam at night
- Who is still struggling to have a daily rhythm of prayer, and why do you think that is happening?
- Who can tell us a story to encourage us about the practice of prayer?
- Of all the types of prayer that we have seen (The Lord's Prayer, the prayer of examen, intercession, lament, and singing), which do you think is the one that will help you the most to continue with your rhythm of prayer once are we done with practice?

READ THIS SUMMARY.

As human beings, we often rely only on our emotions. On one hand, we only pray when we "feel" like praying. And on the other hand, if we pray and do not "feel anything" we get discouraged and qualify the prayer as a moment that "was not good."

And while emotions are good and God-given, they were never designed to guide our prayer life. **That is why we must find a balance between the discipline and practice that every relationship requires.** And that God does want to work with our emotions and that we experience his presence.

That is why today, we are going to create a personal guide, so that when the practice of prayer in the church is over, **each one of us continues practicing and creating a daily prayer rhythm.**

TALK ABOUT SUNDAY'S TEACHING.

- What caught your attention about Sunday's teaching?
- Which of the reasons why prayer is important caught your attention the most?
 - Everything God does on earth is in answer to our prayers.
 - Praying is declaring on earth what God has already declared in heaven.
 - Through prayer we learn to speak life 24/7
 - When we pray we give God our burdens.
 - In prayer we open our hearts to God.

- We win all our battles in prayer.

READ THE BIBLE TOGETHER.

Matthew 6:6

- What do you think Jesus is trying to say with this statement?
 - Why do you think Jesus **DID NOT SAY**, “if you happen to pray”, **but DID SAY**, “whenever you pray”?
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DO THIS PRACTICE AS A COMMUNITY RIGHT NOW.

Tonight, we are going to create a personal guide for our daily prayer rhythm.

A few things to keep in mind:

- Don't aim for perfection, aim for practice.
- The only way to pray "wrong" is to not pray. The fact that you took the time to pray is already a victory.
- We are creating a relationship with God. And like any relationship, there are times when we experience great things, and there are times when we don't experience or feel anything, **and that is fine.**
- We must create a balance between discipline and spontaneity. No relationship can grow without discipline, and the spontaneous helps to continue growing in the relationship. **We need both.**
- Start with small amounts and increase when you think it's best.
- Do not look for quantity, look for constancy.
- We are going to separate into couples to encourage and challenge each other.
- Remember that the main purpose of prayer is to **live WITH God.**

NOW THE PRACTICE

1. Pray.

- Each one personally, take 30 seconds to ask the Holy Spirit to guide you in creating this prayer rhythm guide.

2. Split into couples.

- Now we are going to divide into couples.

3. Fill the guide.

- Each one will have a guide.
- We are going to go point by point, the couple reading, and filling in the blanks. Giving each other ideas on how they can do it in the best way, taking into account the points above.
- Remember to avoid comparison. We are all at different times of life.

4. Pray asking the Holy Spirit for help.

- The Bible says that God sent the Holy Spirit to be our guide and help.
- For most of us having a daily rhythm of prayer is something new. And while it should be a desire to pray and spend time with God, it's also going to require sacrifice and effort.
- We do not want it to be an “obligation” for anyone, but there is no way to become apprentices of Jesus without prayer, **it is impossible**.
- So with our guide in hand, we are going to ask the Holy Spirit to give us the wisdom, discipline, and strength to carry out this rhythm of prayer.

5. Encouragement and challenge.

- Now, to finish, make sure you have your partner's phone number.
- For the next few weeks, the idea is to encourage, challenge, and pray for each other to create your prayer rhythm.
- Never forcing, making feel bad, or imposing the guide. Always in an atmosphere of love, as apprentices of Jesus, we are going to help each other in this adventure that is to live with God through prayer.
- We recommend that once a week they call each other to ask how they are doing, encourage each other, and pray for each other.

READ THE PRACTICE FOR THIS WEEK.

This week's practice is very simple. It is to practice the guide that we have just done.

Step one:

- Today when you get home, tape this guide in the place you said you were going to pray, in a visible way.
- Set an alarm for the hour you said that you were going to pray.

Step Two:

- As you practice this guide review and make any changes you need to make to your prayer rhythm guide.
- Not based on what you felt. But based on the place (there is a lot of distraction), or the time (it was not enough), etc.
- Maybe now you want to start every day with singing prayer.
- Or maybe now you want to dedicate a specific day for intercessory prayer.

Step three:

- Call your partner once during the week and ask them these questions:
 - How are you doing in your prayer rhythm?
 - What has been the most difficult part of creating this rhythm of prayer?
 - What can I pray for you right now?

By showing of hands, who commits to practicing their prayer rhythm guide?

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

PRAY BASED ON THE PRACTICE TO END