

# Prayer and Spirituality

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**Oh, Spirit, Guide Me**

**Oh, Spirit, guide me now**

**Oh, Spirit, guide me now**

**Oh, Spirit, guide me now**

**In your way guide me**

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# Prayer and Spirituality

- ◆ Woman at the Well  
~Jn4:1-42
- ◆ St Augustine's take on the story
- Woman symbol of the Church (Us)
  - ✗Thirsty and needy humanity
- ◆ Jesus—Lord of *all* creation, would ask *weak* creation for a drink?!?



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- ◆ Jesus' request rose from God's Desire—for US\*
- ◆ Prayer is the encounter of God's thirst with ours
- ◆ Prayer is the response of faith to the free promise of salvation and also a response of love to the *thirst* of the only Son of God." (2560)
  - We thirst for God because He **FIRST** thirsts for us!\*

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## ◆ God is a God of “FIRSTS”

- “Before I formed you in the womb, I knew you...” Jer 1:5
- “We love because he loved us first” 1Jn4:19
- God showed his great love for us in that while we were still sinners, Christ died for us” Romans 5:8

## ◆ God DESIRED US FIRST

- Baltimore Catechism #3
  - ✕To know, love, serve God and to be happy with God in heaven

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- ◆ God's very nature\*
  - God desires to be in a relationship of love with each of us!
- ◆ Some concerns...\*
- ◆ Getting it "right"
  - What to pray, how long to stay
  - Distractions/Nodding off
  - If I can't do it right...
- ◆ Scripture and the ONLY reason to postpone prayer\*
  - Matthew 5:23-24
  - Nothing to do with unworthiness or

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- ◆ God takes *delight* in our presence!
  - Our presence is enough!\*
- ◆ All about Relationship
  - Not the *setting or activity*
  - Less about what we “do”—all about being “present”
- ◆ Prayer as “tool” to draw us into an encounter with the Living God!
- ◆ Prayer is a DECISION; not just a “feeling”\*



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- ◆ Communication and Relationship
- ◆ God communicates with each person in a slightly different way\*
- ◆ Pray As We Can—  
Not As We Can't!
- ◆ **What relationship is NOT!**



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- ◆ Pray as we can, not as we can't
- ◆ Being “ourselves” with God
  - God desires for us to pray in a way that is uniquely “you” and uniquely “me”
  - Not like someone we admire
- ◆ Ultimate goal is to
- ◆ Place ourselves in a position to be found by the God who already desires to bless us “with every spiritual blessing in the heavens” (Eph 1:3)\*
- ◆ Being Found...\*

# Practice “Being Found”

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“Lord, I have stilled my soul, hushed it like a weaned child. Like a weaned child on its mother’s lap, so is my soul within me.” ~Psalm 131:2

# Lectio Divina

- ▣ Early monastic tradition
- ▣ Go to a quiet place and recall—listen to the Word of God
- ▣ Read scripture passage aloud
- ▣ Pause, Recall, Notice
- ▣ Read the passage again
- ▣ Dialogue in *response*
- ▣ This kind of reflective listening allows the Holy Spirit to deepen awareness of God's taking the initiative to speak with us.
- ▣ Spend a few minutes “being” with God.

# Practice “Being Found”

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My Soul In Stillness Waits ~Marty Haugen

