

SPIRITUAL PRACTICES: Meditative Prayer

As preached on Sunday, June 9th

Read: Romans 8:26-27

1. Describe how you first became acquainted with the concept and practice of prayer.
2. How do you practice prayer in your current life season? (be specific)
3. Are you content with your current prayer practices or would you like to see some change? If you are longing for change, what kind of change would you like?
4. On Sunday we said, “The fundamental purpose of prayer is to deepen our intimacy with God.” Do you agree or disagree with the statement? Why?
5. What is the relationship between the frequency and duration of our prayers and our intimacy with God?
6. Take a moment to re-read Romans 8:26-27. What do these verses teach us about the role of the Holy Spirit in our prayer life? How does it feel to know that the Spirit is actually interceding on your behalf?
7. Are you willing to try Breath Prayer or The Jesus Prayer on for size this coming week? If so, how will you go about doing so?