

What do you hear/feel/sense God saying to you?



*“Be still, and know that I am God!
I am exalted among the nations, I am exalted in the earth.”*

Psalm 46



BE STILL AND KNOW THAT I AM GOD.
BE STILL AND KNOW.
BE STILL.
BE.

A word of introduction—

In our Bridge worship service, we're exploring prayer and seeking to experience the depth and power of prayer as people who follow the risen Christ. We're looking at scripture and the long tradition of Christian prayer. We hope to grow in our capacity to listen for God and to open our hearts.

This prayer journal is intended to be a resource for the journey. It's intended to be a simple (but not simplified!) invitation to spend time with God in scripture and in prayer. It's not a workbook or homework; there's not a "right" way to use it, and there are no right or wrong answers. It's an invitation: *Come and sit with Me for a few moments. Listen. Think. Ponder. Pray. Let's spend some time together.*

May your journey with God be full of grace and gladness!

Rebecca

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SATURDAY

"When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.

"Pray then in this way: Our Father in heaven, hallowed be your name. Your kingdom come. Your will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we also have forgiven our debtors. And do not bring us to the time of trial, but rescue us from the evil one.

For if you forgive others their trespasses, your heavenly Father will also forgive you; but if you do not forgive others, neither will your Father forgive your trespasses."

Matthew 6:7-15

Dear Lord, how desperately I need to learn to pray. And yet when I am honest, I know that I often do not even want to pray.

I am distracted!

I am stubborn!

I am self-centered!

In your mercy, Jesus, bring my "want-er" more in line with my "need-er" so that I can come to want what I need.

In your name and for your sake, I pray. Amen

Richard Foster, *Prayer: Finding the Heart's True Home*

Tell God what you're thinking and feeling after reading the scripture and prayer:

What would you want to ask Job?

Thoughts, questions, prayers:

SUNDAY

God is our refuge and strength, a very present help in trouble. Therefore, we will not fear, though the earth should change, though the mountains shake in the heart of the sea; though its waters roar and foam, though the mountains tremble with its tumult.

There is a river whose streams make glad the city of God, the holy habitation of the Most High.

God is in the midst of the city; it shall not be moved; God will help it when the morning dawns.

The nations are in an uproar, the kingdoms totter; he utters his voice, the earth melts.

The LORD of hosts is with us; the God of Jacob is our refuge. Come, behold the works of the LORD; see what desolations he has brought on the earth.

He makes wars cease to the end of the earth; he breaks the bow, and shatters the spear; he burns the shields with fire.
Be still, and know that I am God! I am exalted among the nations, I am exalted in the earth."

The LORD of hosts is with us; the God of Jacob is our refuge.

Psalm 46

This scripture expresses aspects of God's greatness, strength and presence. How have you observed these, or experienced them in your own life?

Take a moment to thank God for this powerful Presence:

Take a moment – maybe several moments - to be still. What's that like for you?

FRIDAY

4 "Where were you when I laid the earth's foundation?
Tell me, if you understand.

5 Who marked off its dimensions? Surely you know!
Who stretched a measuring line across it?

6 On what were its footings set,
or who laid its cornerstone —

7 while the morning stars sang together
and all the angels shouted for joy?

.....

34 "Can you raise your voice to the clouds
and cover yourself with a flood of water?

35 Do you send the lightning bolts on their way?
Do they report to you, 'Here we are'?

36 Who gives the ibis wisdom [about the flooding of the Nile],
or gives the rooster understanding [of when to crow]?

37 Who has the wisdom to count the clouds?
Who can tip over the water jars of the heavens

38 when the dust becomes hard
and the clods of earth stick together?

Job 38:4-38 (Today's New International Version)

The Hebrew story of Job describes a man who suffers extraordinary loss and heartache. And yet he sees and celebrates God's power and glory.

THURSDAY

*The heavens declare the glory of God;
the skies proclaim the work of his hands.*

*Day after day they pour forth speech;
night after night they display knowledge.*

*They have no speech, they use no words;
no sound is heard from them.*

*Yet their voice goes out into all the earth,
their words to the ends of the world.
In the heavens he has pitched a tent for the sun,
which is like a bridegroom coming out of his chamber,
like a champion rejoicing to run his course.*

*It rises at one end of the heavens
and makes its circuit to the other;
nothing is deprived of its warmth.*

Psalm 19:1-6

The Psalmist says the heavens declare the glory of God. In what other ways do you find God's glory declared? Where do you see God's power, greatness, holiness, glory?

MONDAY

*“Pray then in this way: Our Father in heaven, **hallowed be your name.** Your kingdom come. Your will be done, on earth as it is in heaven.”*

Jesus, Matthew 6

In the original language, Aramaic, the word for *Father* is *Abba*. It's the word that would be used by a child when addressing a parent with intimate affection. "Papa" might be the best translation in English. Hallowed. It means sacred, holy.

So, Jesus is saying something like, "Papa, your name is holy."

What thoughts or feelings does that evoke?

Come and fill our hearts with your peace. You alone, O Lord, are holy. Come and fill our hearts with your peace. Alleluia!

Songs of Taizé

Thoughts, questions, prayers:

TUESDAY

“Pray then in this way: Our Father in heaven, hallowed be your name. Your kingdom come. Your will be done on earth as it is in heaven.”

Our Father, who art in heaven, hallowed be Thy Name.
Thy Kingdom come.

Thy will be done on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses as we forgive those who trespass against us.

And lead us not into temptation, but deliver us from evil.

For thine is the kingdom, and the power, and the glory, forever. Amen.

The Lord’s Prayer, traditional version

Why do you think Jesus instructs his followers to begin the prayer this way?

Thoughts, questions, prayers:

WEDNESDAY

“Pray then in this way: Our Father in heaven, hallowed be your name. Your kingdom come. Your will be done, on earth as it is in heaven.”

Jesus, Matthew 6

“The truth of the matter is, we all come to prayer with a tangled mass of motives – altruistic *and* selfish, merciful *and* hateful, loving and bitter. Frankly, this side of eternity we will *never* unravel the good from the bad, the pure from the impure. But what I have come to see is that God is big enough to receive us with all our mixture. We do not have to be bright, or pure, or filled with faith, or anything. That is what grace means, and not only are we saved by grace, we live by it as well. And we pray by it.”

Richard Foster. *Prayer: Finding the Heart’s True Home*

Jesus models a prayer that elevates *God’s* name, *God’s* kingdom, and *God’s* will.

Thoughts, questions, prayers: