

Read: Matthew 6:9-13

Living It Out:

We know that prayer is important. But prayer is hard. Why? Because we want to be in control. Pray is the act of choosing to give up control in our lives and world in order to acknowledge that this is God's world in which he is free to work and act. Kingdom prayer is central to all other practices. It draws us into God's presence and creates space where we bow before the King and ask for his kingdom to come "on earth as it is in heaven." Prayer is the opposite of striving and anxiousness. There we present ourselves before God. Prayer is the profound act of giving up control of a situation and turning it over to the reign of God. Only after we have entered this space can we bring our requests before God. Prayer opens space for God's kingdom and for us to participate in his kingdom. This is kingdom prayer.

- This week – set your alarm for **8am, 12noon, 3pm** [or 3 other times that are convenient] and pray the kingdom prayer for **Matthew 6:9-13** – slowly, thoughtfully, reverently.
 - Begin by asking "*Where might I find God's presence today?*"
 - and by praying "*Be present with me Lord and surprise me.*"
- What is the difference between "*laundry list*" or "*organ recital*" prayers and kingdom-centred, kingdom-submitted prayers?
 - Why is it so much easier to pray the first type of prayers rather than the second type?
 - What do you do, or can you do, to bring the focus to the second type?
- What does it mean to relinquish control as we pray?
 - What do you see as the connection between anxiousness and prayer?
- As you pray, reflect on each phrase. What is God showing you about...
 - His kingdom
 - Yourselfas you pray?

This Week:

During the month of **November**, we are reading through the **Gospel of John** together. We have designed this reading plan so that we have a couple of days to catch up each week – i.e. we will read 21 chapters in 30 days. I encourage you to share what stands out to you, what God's Spirit makes come alive to you as you read. Let's encourage one another with what we are seeing. You can share what you are learning or being reminded of on our webpage at: <https://occweb.org/news-and-updates/reading-the-gospel-of-john/>

Don't rush through your reading. Take time to let the text sink in.

What is God showing you or reminding you of as you have been reading?

Hearing God's voice with confidence takes practice. A great way to learn is through what we call Listening to and Dwelling in the Word (this ancient, historical practice was called: Lectio Divina)

Here are some prayer, journaling and reflection prompts

1. What is one word or phrase the Holy Spirit impresses on you?
In silence meditate on that.
2. Depending on the passage, you may find that you identify with one person in the text.
Why is that? What about the story or the person connects with you?
3. How does today's reading speak to what you are experiencing in your life right now?
4. Share what God is showing you at <https://occweb.org/news-and-updates/reading-the-gospel-of-john/>