

The Prayer Practice

Session 01: Talking to God —————

Session 02: Talking with God —————

Session 03: Listening to God —————

Session 04: Being with God —————

Practice

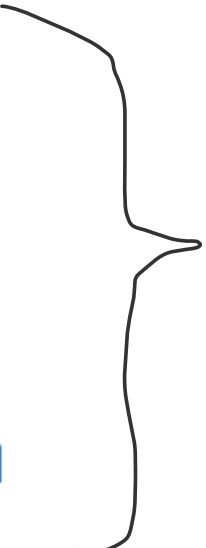
SESSION 03: LISTENING TO GOD

- Just before her death, Mother Teresa made a rare television appearance on 60 Minutes.
- At one point in the interview, the journalist asked her, “When you pray to God, what do you say to God?”
- She answered, “I don’t say anything; I listen.”

01 *Lectio Divina*

- **Read** — A passage of your choice, slowly and prayerfully. Pay special attention to any words or phrases or ideas that jump out to you, or that move you emotionally or deeply resonate.
- **Reflect** — Reread the passage again, slowly. This time, pause over the word(s) or phrase(s) that were highlighted to you during your first reading. Meditate on them. Turn them over in your mind. Savor them.
- **Respond** — Pray your impressions back to God. You can use your own words or simply pray the text directly to God.
- **Rest** — Take a few minutes in silence to breathe deeply and rest in God's loving word to you.

02 Listening Prayer

- Word or phrase
 - Scripture
 - Thought
 - Metaphor
 - Picture in your mind
- 

- **Breathe** — Take a minute or two to just breathe slowly and deeply, clearing your mind to receive God's word to you. You may want to simply pray, "Father" or "Jesus" or "Come Holy Spirit" as you inhale and exhale each breath.
- **Silence** — Ask God to silence the voice of the enemy in your mind, to clear the air around you, to shield and guard your imagination.
- **Ask the Spirit to speak to you**
- **Open your mind and heart to listen** — 1 Corinthians 6:19 tells us our body is a "temple of the Holy Spirit." The Spirit within you has direct access to your imagination. Wait quietly with a surrendered heart. He may come to you in a:

- 01 **Become aware of God** — Review the day with the eyes of the Spirit,
- 02 **Look back with gratitude** — As you explore your day, take note of
- 03 **Notice your emotions** — Reflect on your feelings throughout the day.
- 04 **Pray from one piece of your day** — Allowing the Spirit to highlight
- 05 **Look ahead to tomorrow** — Finally, ask God to prepare your heart for tomorrow. Notice how you feel about it — anxious, excited, nervous, overwhelmed — and invite the Spirit to speak to those joys and concerns. Ask for clarity for the day ahead and for peace to approach it with confidence. Ask for wisdom, for hope, for discernment.

Review Questions

01----- What was your experience trying listening prayer?

이번 주 듣는 기도를 한 경험이 어땠나?

02----- Did you sense God saying anything to you this

week? 이번 주 하나님께서 무엇인가 나에게 말씀하셨다고 느낀 적이 있나?

03 ----- As you sat with God, did the Spirit convict or comfort you in any area of your life? 하나님과 대면해 있을 때 성령님께서 가책하시거나 또는 위로하심이 있었나?

Practice

SESSION 04: BEING WITH GOD

- If you watch the interview, after her response there's an awkward moment, where he is a bit thrown off; then he asks her the follow up question, "Okay, when you pray to God, what does he say to you?"
- She's quiet for a minute, and then answers,, "He doesn't say anything, he listens...."
- Then there is a very awkward moment and she clarifies, "And if you don't understand that, I can't explain it to you."

2 Corinthians 3:15-18 ▾ New International Version ▾

15 Even to this day when Moses is read, a veil covers their hearts. **16** But whenever anyone turns to the Lord, the veil is taken away. **17** Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. **18** And we all, who with unveiled faces contemplate^[a] the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

And we all,
with unveiled face, beholding the glory of
the Lord, are being transformed into
the same image from one degree
of glory to another.
For this comes from the Lord who is the Spirit.

고린도후서 3:15-18 ▾ Korean Living Bible ▾

15 오늘날까지 그들이 모세의 율법을 읽을 때 수건이 그들의 마음을 덮고 있습니다.

16 그러나 언제든지 주님께로 돌아가면 그 수건이 벗겨질 것입니다.

17 주님은 영이시므로 주님이 계시는 곳에는 자유가 있습니다.

18 그래서 우리가 수건을 벗은 얼굴로 거울을 보듯이 주님의 영광을 보게 되면 점점 더한 영광으로 주님의 모습을 닮아가게 됩니다. 그 영광은 영이신 주님에게서 나옵니다.

그러나 우리는 다 가리지 않은 얼굴로 거울을 보는 것 같이 주의 영광을 바라보며 같은 형상으로 변화되어 영광에서 영광에 이르렀나니 이것은 곧 주의 영으로 말미암은 것이니라.

Practice

SESSION 04: BEING WITH GOD

01 Begin your daily prayer rhythm with silence and a breath prayer

- Find a quiet, distraction-free place to pray.
- Get seated comfortably, but where you can breathe properly and not slouch.
- Breathe slowly (five seconds on the inhale, then five on the exhale) from your belly.
- You may just want to remain here, in loving attention to the Trinity.
- Or you may want to combine a prayer word to your breath.
- Many use “Father” or “Abba” or “Jesus”
- “The Lord is my shepherd” (on the inhale), “I lack nothing” (on the exhale)
- “Lord Jesus Christ” (on the inhale), “have mercy on me” (on the exhale)
- “In you I live” (on the inhale), and “In you I delight” (on the exhale)

see or observe (someone or something, especially of remarkable or impressive nature)

SESSION 04: BEING WITH GOD

look thoughtfully for a long time at.

Exercise: Beholding/Contemplative Prayer (The Window of the Soul)

- 01 Become aware
- 02 Sink into your heart
- 03 Open yourself up to God
- 04 Look to God
- 05 Sit with God
- 06 Return your awareness

Discussion Questions

- 01 In what ways have you experienced glimpses of this kind of prayer with God?
- 02 How do you normally handle distraction when you pray?
- 03 How and where do you most sense God's with-ness in your life?

이번 주 들으면 좋은 팟캐스트 Prayer 04 Being WITH God ‘하나님과 함께 있기’

<https://open.spotify.com/episode/67g274OMxIHvN07ZsROmne?si=7e05fd08db664185>

기도 튜토리얼 Prayer Companion Guide Exercise | Week Four | Beholding Prayer

https://youtu.be/_ufJCA7hk?si=8VwgsAlt6EbXkrrJ



PTW ‘기도’ 시즌 가이드 <prayer-guide-print-at-home-v5-4-QtPymCWHHXyp2tXaV9k.pdf>

