



Prayer Experience

This experience follows an Up, In, and Out movement of prayer designed to help guide your time together. During this prayer experience, you will be led to:

Look Up

By focusing first on the greatness and goodness of God.

Go Deeper In

Into God's truth and what it reveals about who He is and whom He is calling us to become

Pray Out

That His Kingdom would come to transform our hearts and the world

Group Prayer Time – 30 min.

All things begin first with God: His glory, majesty, and power. We want to begin our time by simply looking to Him and acknowledging His worth above all things. In looking up, we set out to focus our hearts together on Him.

Reading 1

Psalms 8

Silent Reflection

Group Response

Reading 2

Philippians 2:1-11

Silent Reflection

Group Response

Reading 3

Psalms 148

Silent Reflection

Group Response



Individual Prayer Time

In prayer, we are led by the Holy Spirit to look deeper in. Deeper into the truth of His Word, and deeper into our own hearts, as He reveals to us those areas that we have attempted to hide away from His view and the view of others. Take time to allow Him to speak by His Word and by His spirit as you journey deeper in.

Divine Reading (Lectio Divina)

Read: Don't give in to the temptation to simply glance over these passages, some of which may be very familiar to you. Take time to read them, and, in turn, allow them to read you. You may find it helpful to read each passage a few times, pausing each time before reading, and asking God to speak the truth of each word to your heart.

Reflect: After reading, allow time and space to reflect or ponder in your heart what you have just read. Allow God's Word to become His word to you and illuminate the deep truth of the text by the Holy Spirit.

Pray: After you've read and reflected on the passage, move on to prayer. Through your spoken and written word, dedicate the truth of His Word to Him in your heart.

Contemplate: Contemplate the truth of what has been revealed through His Word. God speaks take time, listen, wait, and rest in the reality of His presence and the fullness of His love.

Reading 1

Psalms 139

Silent Reflection

Response Prayer/ Journal

Reading 2

Romans 6:1-14

Silent Reflection

Response Prayer/ Journal

Reading 3

Ephesians 1:3-11 ;
Galatians 5:16-26

Silent Reflection

Response Prayer/ Journal