



Prayer

"But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think 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. "This, then, is how you should pray: "'Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. **Matthew 6:6-13**

In his book *Spiritual Direction*, Henri Nouwen suggests a threefold process for unceasing prayer in the life of a disciple of Jesus: " We first *cry out to God* with all our needs and requests. Then, we turn our unceasing thoughts into continual *conversation with God*. Finally, we learn to listen to God in our hearts through a daily discipline of *meditation and contemplative practice*.

Prayer is a foundational practice to the life of a disciple of Jesus, we see all throughout the gospels that Jesus would spend time with his Father in prayer: After he had dismissed them, he went up on a mountainside by himself to pray. (Mt. 14:23). Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. (Mk. 1:35). Jesus often withdrew to lonely places and prayed. (Lk. 5:16). As apprentices to Jesus, we should strive to do what he did.

Richard Foster said, "By praying, we learn to pray." Prayer is caught rather than taught. The best way to learn how to pray is to pray. No book, sermon, or podcast will make you better at prayer. You may be given a template of some sort, but you have to take the time to practice prayer, find a quiet place, leave your phone in a different room, and just pray.

Prayer is a conversation between you and God. As you pray, Be still and allow the Spirit to speak as you speak to him.

November Assignments

- Read *Praying Like Monks, Living Like Fools*, and prepare some notes to share with your group. Your notes should include the following:
 - List the big ideas of each chapter.
 - List your key takeaways.
 - Discuss how you will apply it to your life now.
 - Bring your takeaways and application points to your monthly meeting.
- Have a Man-date with one other guy in your group. You could discuss topics like the book, the verses, family life, personal life, etc.
- Choose at least one of the following practices to practice each week in November: Prayer Walking (ch. 1), Being Still (ch. 2), Praying with Mary (ch. 7), Labor in Prayer (ch. 8), or Daily Prayer Rhythm (ch. 10).
- Memorize the verses below before your next group meeting. (*download the Verses app for help memorizing.*)
 - Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth! *Psalms 46:10*
 - Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. *Hebrews 4:16*
 - Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
Philippians 4:6-7
Scripture is taken from ESV, but use whatever translation you prefer.
- REMINDER: Each month, go to biltmorechurch.com/davidsmen to download materials.