

Prayer Practice: ABIDING PRAYER

Abiding Prayer

Helpful Tips:

- Encountering Jesus in a deep, honest, vulnerable, knowing way (over time) WILL cause you to look more like Him!
- It is very normal to get distracted when you try to spend time in silence. Be easy on yourself.
- If you find that you are distracted, don't get upset. This just makes the distractions worse ☺ Give yourself grace and gently come back to your focus on the Lord.
- Imagine a distracting thought as a leaf floating downstream or a cloud blowing in the wind. Can you allow that distracting thought to simply float away as you return to your prayer?
- For those nagging distractions that won't float away, have paper and pen nearby so that you can capture that distracting thought in writing. Then, once your prayer is done, you can go back and deal with the thing that you wrote down.
- After letting go of the distracting thought, sometimes a phrase can help you to refocus on God. Moses' simple statement of *Here I am* (Ex. 3:4) or the tax collector's prayer of *God, be merciful to me, a sinner* (Lk 18:13) or something similar can help bring your focus back to God.
- Sometimes, a distraction might be something that God is inviting you to attend to. If you sense that might be the case, make the distraction part of your prayer by asking: *God what would You have me do with this?*
- Try not to judge your prayer time. Even if it feels like "nothing is happening" as you pray, that's never the case. Here are some things that *are* happening in the silence: Availability, attention, love and adoration, slowing down, listening, surrender, letting go of your own agenda, resting, abiding, realizing that you are not the center of the universe, relinquishing control, coming face-to-face with your ego/false self, noticing what is happening in your heart, and more. God is glorified by you showing up to meet Him in this intimate way.
- Often the "fruit" of your prayer will be realized outside your prayer.

Practice:

Word-Ephesians 3:18-19

[18](#)And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. [19](#)May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.

Silence-

Spend the next several minutes in quiet, simply enjoying being with the Lord who loves you this deeply!

Journal-

As you spent the time being still, what felt most significant to you?