

PRAYER NOTE-CATCHER

What can prayer look like in the grind of daily life?

Name: _____

Date: _____

1. WHAT IS PRAYER?

- **Core Conviction:** Good prayer is undergirded by the conviction that God wants us to bring **ALL** of our heart to Him. (Jer 29:13)
- **Definition:** Relating to God with openness to our honest selves and openness to His response. (Thomas Green)

KEY IDEAS & THOUGHTS

2. OPENNESS TO OUR HONEST SELVES

- **Desires:** Asking God openly (Jn 14:14; Parables of Persistent Widow & Friend at Midnight)
- **Fear:** Bringing honest anxiety (Mt 26:39 - Jesus in Gethsemane)
- **Grief & Doubt:** Expressing deep pain & groans (Job 3:23-24)
- **Anger & Frustration:** Being raw about hurt (Jer 15:16-18)
- **Joy & Gratitude:** Savoring who God is & what He's done (Eph 1:15)

KEY IDEAS & THOUGHTS

3. OPENNESS TO GOD'S RESPONSE

- **Holy Spirit:** Guiding us into truth within our inner person (Jn 16:13)
- **Unexpected Answers:** Conviction of sin or unlooked-for responses (Paul's thorn, Habakkuk)
- **Dreams & Visions:** Direct spiritual insight (Acts 10, 1 Kings 3)
- **Providence:** God acting through real circumstances (Nehemiah 1)
- **Deeper Reflection:** Inviting us below the surface (Ps 139 iceberg)
- **"Silence":** Cultivating endurance, character, and hope when circumstances don't change (Rom 5:3-4, 8:24)

KEY IDEAS & THOUGHTS

4. PRACTICES FOR DAILY LIFE

- **Silence:** 5+ minutes in quiet; phone away, focus on breath.
- **Fasting:** Taking intentional breaks from tech & news.
- **Liturgy:** ACTS framework, written prayers, body posture.
- **Examen:** Reviewing the day—where God felt near or distant.
- **Praying with a Gospel Story:** Reading a scene twice & using imagination to enter into it.

KEY IDEAS & THOUGHTS