



WELCOME TO THE
table



FOR ME

Practices of Grace from the Giver of Grace



Matthew 6:9-13

9 Pray then like this: “Our Father in heaven, hallowed be your name. 10 Your kingdom come, your will be done, on earth as it is in heaven. 11 Give us this day our daily bread, 12 and forgive us our debts, as we also have forgiven our debtors. 13 And lead us not into temptation, but deliver us from evil.



What Does It Mean To Be Formed?

“Spiritual formation for the Christian basically refers to the Spirit-driven process of forming the inner world of the human self in such a way that it becomes like the inner being of Christ himself.”

-Dallas Willard



What Does It Mean To Be Formed?

Identity in the World: “I do therefore I am” (leads to slavery)

Identity in Christ: “I am therefore I get to” (leads to freedom)

Spiritual Formation is about entering into the invitation of not just being gospel-knowers, but rather transformed practitioners living lives transformed by the gospel and empowered by the Spirit.



The Discipline of Prayer

“The NT church (Acts 2:42-47) built two other disciplines upon prayer & Bible study, the Lord’s Supper & small cell groups. John Wesley emphasized 5 works of piety by adding fasting. The medieval mystics wrote about 9 disciplines clustered around 3 experiences: purgation of sin, enlightenment of the spirit and union with God. Later the Keswick Convention approach to practical holiness revolved around 5 different religious exercises. Today Richard Foster’s book, Celebration of Discipline, lists 12 disciplines—all of them relevant to the contemporary Christian. But whatever varying religious exercise we may practice, without the 2 basic ones of Emmaus—prayer & Bible reading—the others are empty & powerless.”

-Carl Lundquist



What is Prayer?

“Prayer is simply the medium through which we experience and connect to God.”

-Paul Miller

Prayer is the means that God uses to mold and transform us. It's here we begin to think God's thoughts after Him: desire the things He desires, to love the things He loves, to will the things He wills.



Misconceptions Regarding Prayer

1. Prayer mainly involves asking things from God (Mt. 6:9)
2. Prayer results in God answering everything we ask (Jms. 4:3; Mt. 6:10)
3. Prayer is always a struggle (Jhn. 15:15)
4. Prayer is an opportunity to flex your theological muscles (Mt. 6:5-7)



Biblical Backgrounds For Prayer

Prayer is expected

Jesus expects us to:

- And when you pray..” -Mt. 6:5;
- “but when you pray” Mt. 6:6;
- “and when you pray” -Mt. 6:7;
- “This then is how you should pray...” -Mt. 6:9;
- “So I say to you: Ask...Seek...know” -Lk. 11:9;
- “then Jesus told his disciples...they should always pray” Lk. 18:1

Scripture commands us to:

- “Continue steadfastly in prayer...” -Col. 4:2;
- “pray without ceasing” -1 Thess. 5:17



Biblical Backgrounds For Prayer

Prayer is learned by praying

- “When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come. 14 He will glorify me, for he will take what is mine and declare it to you.” -Mt. 16:13-14



Biblical Backgrounds For Prayer

Prayer is learned by meditating on Scripture

- Give ear to my words, O Lord; consider my groaning. -Ps. 5:1
- Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer.

“As it is the sister of reading, so it is the mother of prayer. Though a man’s heart be much indisposed to prayer, yet, if he can but fall into a meditation of God, and the things of God, his heart will soon come off to prayer...Begin with reading or hearing. Go on with meditation; end in prayer...Reading without meditation is unfruitful; meditation without reading is hurtful; to meditate and to read without prayer upon both, is without blessing.”

-English Puritan, William Bridge



Biblical Backgrounds For Prayer

Prayer is learned by praying with others

- Now Jesus was praying in a certain place, and when he finished, one of his disciples said to him, “Lord, teach us to pray...” -Lk. 11:1
- “Bear one another's burdens, and so fulfill the law of Christ.” -Gal. 6:2

We pray with others to learn the principles of prayer not phrases of prayer. (i.e. How to pray through passages of Scripture, how to pray for missions, etc.)



Biblical Backgrounds For Prayer

Prayer is the means to war against the enemy:

“16 In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; 17 and take the helmet of salvation, and the sword of the Spirit, which is the word of God, 18 praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints, 19 and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel.” -Eph. 6:16-19

THERE IS NOTHING more valuable you can do for your spouse & children than praying for them daily.



Biblical Backgrounds For Prayer

Prayer is answered

- O you who hear prayer- ps. 65:2
- “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. 8 For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.”- Mt. 7:7-8

God delights in answering Kingdom-minded prayers.



*“Our Father in heaven,
hallowed be your name.*

Your kingdom come,
your will be done,
earth as it is in heaven.

Give us this day 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 evil.”

-Mt. 6:9-13

A.C.T.S. Model of Prayer

Adoration: Where we focus directly on God, adoring Him for Who He is — Pray His names, His character, His roles, etc. Worship and praise God with your heart, mind, and voice.



***“Our Father in heaven,
hallowed be your name.
Your kingdom come,
your will be done,
earth as it is in heaven.
Give us this day 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 evil.”***
-Mt. 6:9-13

A.C.T.S. Model of Prayer

Confession: ***Tell God where you’ve fallen short, acknowledge where you haven’t measured up. Confess where your actions didn’t measure up to His expectations. Ask Him to help you put your sin to death by His grace.***



Practicing Prayer

***“Our Father in heaven,
hallowed be your name.***

***Your kingdom come,
your will be done,
earth as it is in heaven.***

***Give us this day 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 evil.”***

[For Yours is the kingdom and the power and the glory forever.

Amen.] **not included in earliest manuscripts; but in KJV & NASB 95 in brackets**

-Mt. 6:9-13

Thanksgiving: This is a time for prayers of thanks for what God has done for us in Christ. Thank God, He is faithful and just to forgive us our sins! Thank Him for salvation, the many blessings in your life.



***“Our Father in heaven,
hallowed be your name.***

***Your kingdom come,
your will be done,
earth as it is in heaven.***

***Give us this day 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 evil.”***

-Mt. 6:9-13

A.C.T.S. Model of Prayer

Supplication: Prayers of requests. This is the time to ask God for His divine help to meet needs, solve problems, work in someone's life, etc.. Opportunity to pray Kingdom-minded prayers and submit your heart to His ultimate desires.



Lectio Divina

- **Latin for “spiritual reading” is a way of reading Scripture with the specific aim of prayerfully hearing God’s voice over your life.**
- **This practice is less of a technique, and more of a heart posture and pace.**



Lectio Divina

Step 1: Put away your phone and any other distractions, settle into your time/place, and get comfortable. You may want to take a short walk first, or light a candle, or stretch, as a way of slowing your soul into a new mode.

Step 2: Pick a Scripture to read.

- **If you're on a Bible reading plan, just open to whatever is next, but pick a short section of Scripture. One chapter at most.**

- **If you're not on a reading plan and nothing comes to mind, here's a few recommendations for Scriptures to start with:
Ps. 23, 37, 40, 103; Jhn. 15, 17, Gal. 5, Eph. 1**



God prays for you.

The Holy Spirit prays for us:

“Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.” -Rmns. 8:26-26

Jesus prays for us:

“Who is to condemn? Christ Jesus is the one who died—more than that, who was raised—who is at the right hand of God, who indeed is interceding for us.” -Rmns. 8:34-34

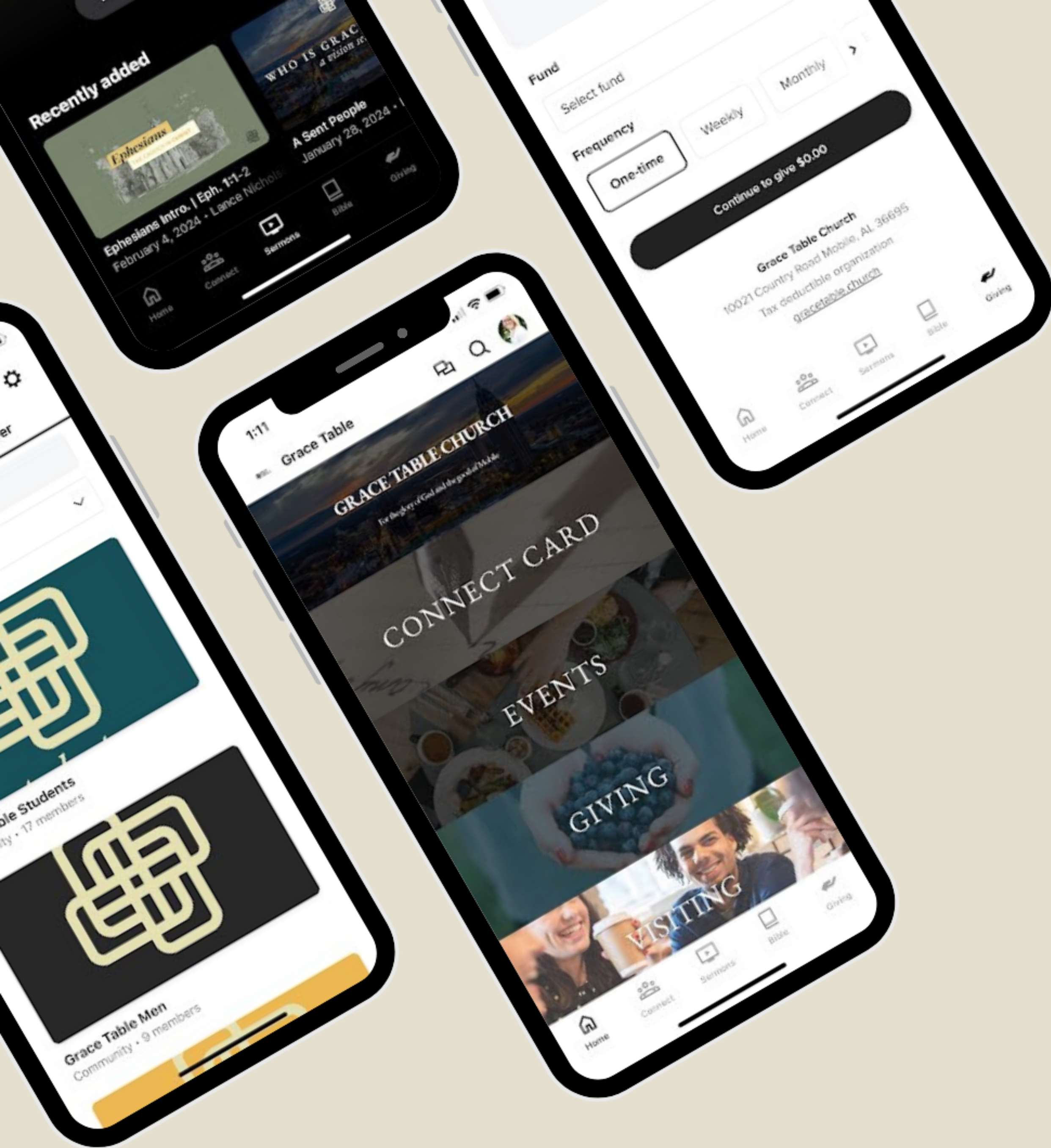




FOR ME

Practices of Grace from the Giver of Grace





Download the Grace Table App



Available in your app store





FOR ME ID

Practices of Grace from the Giver of Grace

