

Sacred Rhythms

Scripture: Encountering God

Prayer: Deepening Our Intimacy with God

Matthew 6:5-8 NRSVUE

“And whenever you pray, do not be like the hypocrites, for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret, and your Father who sees in secret will reward you.

- Matthew 6:5-8

⁷ When you are praying, do not heap up empty phrases as the gentiles do, for they think that 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.”

- Matthew 6:5-8

Sacred Rhythms

Scripture: Encountering God

Prayer: Deepening Our Intimacy with God

“And whenever you pray, do not be like the hypocrites, for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret, and your Father who sees in secret will reward you.”

- Matthew 6:5-6

“When you are praying, do not heap up empty phrases as the gentiles do, for they think that they will be heard because of their many words.”

- Matthew 6:7

“Do not be like them, for your Father knows what you need before you ask him.”

- Matthew 6:8

Prayer isn't just about
communicating with God,
but it is about communing with God

Intimacy requires Risk

"Pray without ceasing"

- 1 Thessalonians 5:17

breath prayer

utilizing Lectio Divina
to find your breath prayer