

PRACTICE MAKES Progress

SPIRITUAL DISCIPLINE OF PRAYER

SPIRITUAL DISCIPLINES

I like this definition from Don Whitney (seminary professor):

The spiritual disciplines are those practices found in Scripture that promote spiritual growth among believers in the gospel of Jesus Christ.

What is prayer? *Simply talking to God*

The more we pray, the more we sense our need to pray. And the more we sense a need to pray, the more we want to pray.

MATTHEW 6:9-13

LUKE 11:5-13

LUKE 18:1-13

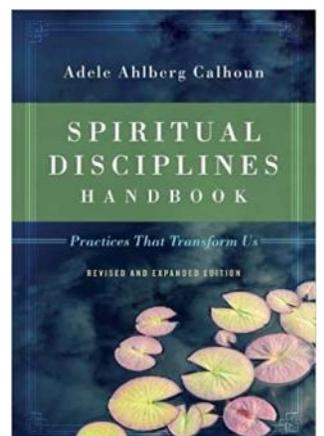
EPHESIANS 6:18

Jesus alone to pray | LUKE 5:16, LUKE 9:18

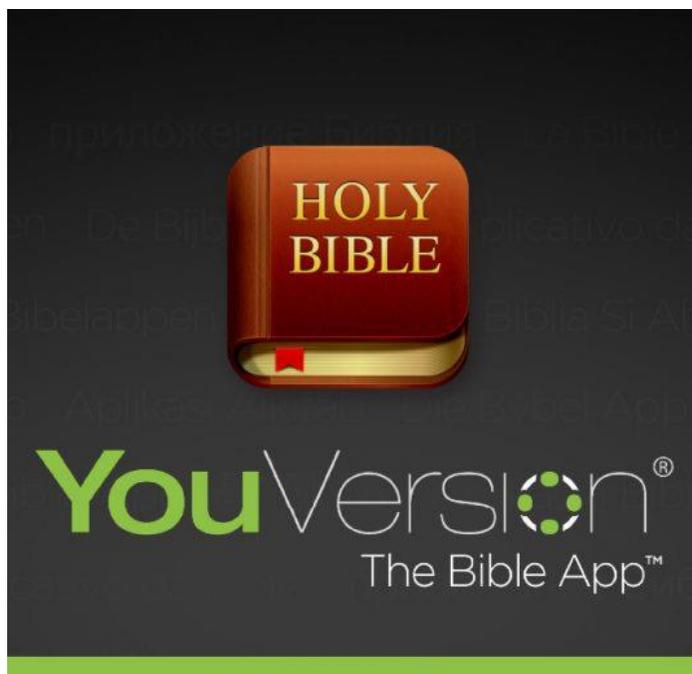
RESOURCES

[Spiritual Disciplines Handbook](#) | Adele Ahlberg Calhoun

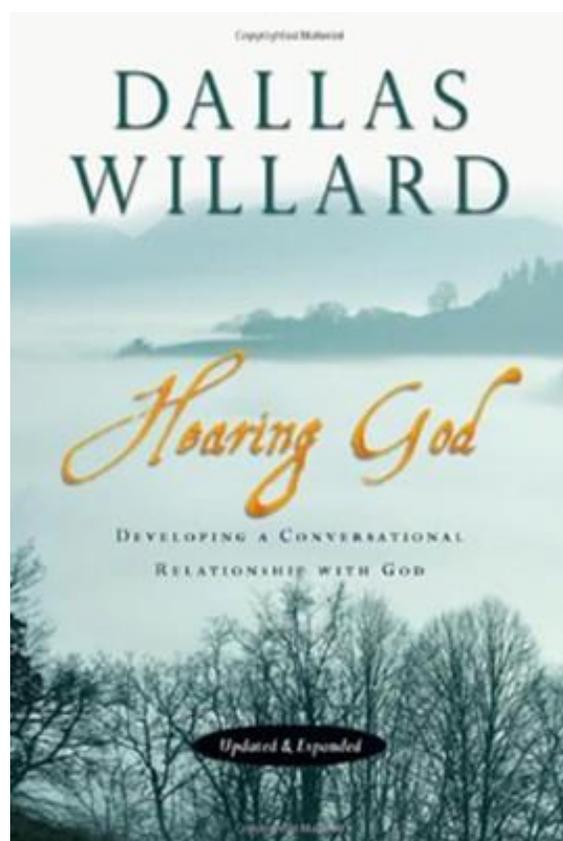
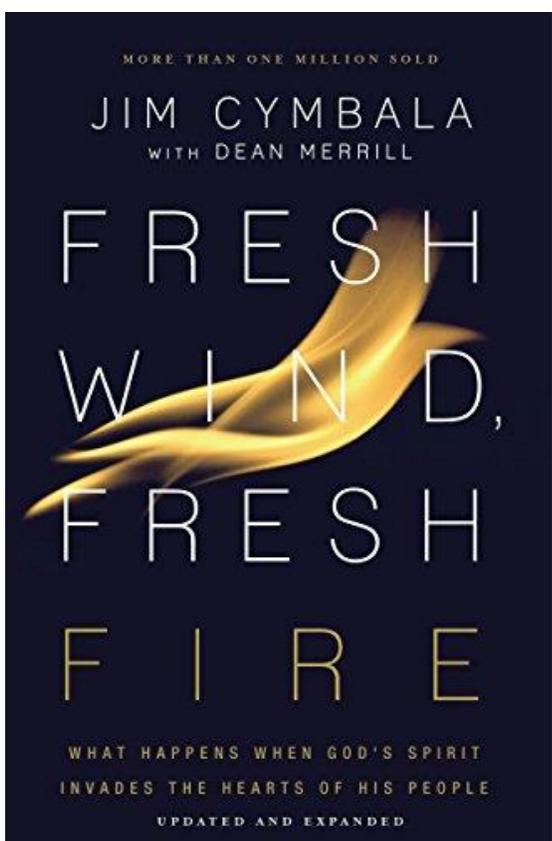
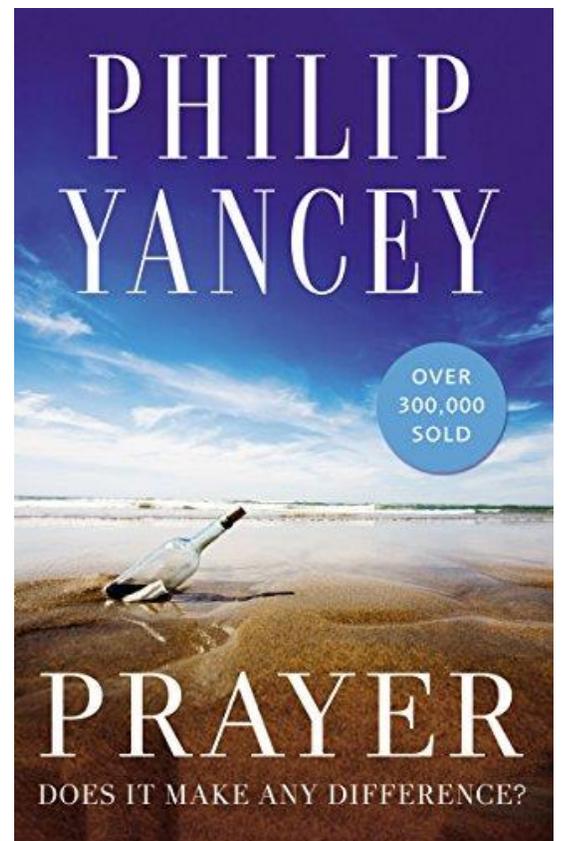
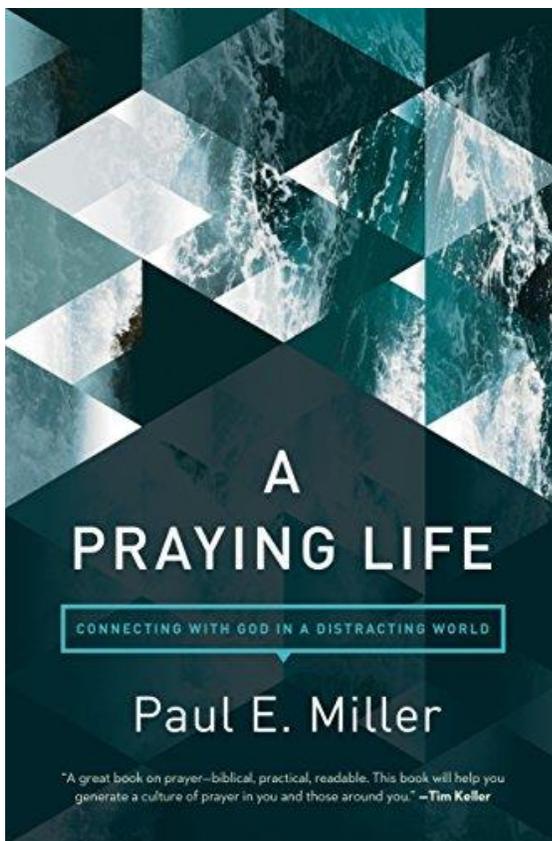
- **Breath Prayer** | in/out, Lord, here I am
- **Centering Prayer** | seek to quiet scattered thoughts, intentionally place yourself in the pretense of God
- **Contemplative** | rest in God, depending on him to initiate communication
- **Conversation** | take turns praying about one topic or another, not having to cover everything
- **Fasting** | self-denial of normal necessities to focus on praying to God
- **Fixed-Hour** | to stop my day and pray to God at a specific time
- **Inter-Healing** | creation a safe place to seek healing from God
- **Intercessory** | invites us into God's care, nothing too trivial for him
- **Labyrinth** | a type of pilgrimage to getting closer to God
- **Liturgical** | established pattern or memorized prayer to draw us closer to God
- **Prayer Partners** | support one another through praying for each other
- **Praying Scripture** | to allow God to shape your prayer through his Word
- **Prayer Walking** | physically walking with god and praying for those around you
- **Postures of Prayer** | stand, outstretched arms, uplifted eyes, kneeling, prostrate



RESOURCES



YouVersion app
Dozens of reading plans on prayer!



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