

Lent 2021 - Wednesdays at 7:00 p.m. via Zoom

Exploration of Prayer

ORTHODOX CHURCH FATHERS



This is how you pray continually – not by offering prayer in words, but by joining yourself to God through your whole way of life, so that your life becomes one continuous and uninterrupted prayer.

St. Basil the Great

Introduction to an Exploration of Prayer

Lent – Wednesday Evenings (Feb. 28, March 3, 10, 17, & 24)

7:00 pm Zoom

An evening of sharing – facilitated by Linda Ingham and Pr. Lori Morton

Exploring Prayer

Acts 17:28

For 'In Him we live and move and have our being'

Prayer is relational and encouraged by God. We all know one essential prayer and that is the prayer of the breath. We breathe automatically and yet we can be intentional with it. Prayer involves our whole being; it is essential, practical, sometimes mystical, and it is a precious expression of our faith journey. There is **not a right or wrong way to pray**. Prayer, however, has private, personal, public and corporate facets. Prayer experience can be as distinct and creative as each person; wholly unique and yet we are connected to one another.

Wednesday evenings during Lent (beginning February 28th) we will explore our experience and practice of praying. We do not plan to introduce any specific prayer form(s) – although there are many. People may wish to share prayer forms that they use. We will use some guiding questions to tap into what influences our prayer experiences, practices. Hopefully, discussion, and sharing will provide an opportunity to grow as we learn from one another.

A quote by Henri Nouwen from Reaching Out, page 115.

“ Still we have to keep speaking about prayer as we keep speaking about love, lovers, art and artists. Because when we do not stay in touch with that center of our spiritual life called prayer, we lose touch with all that grows from it.”

Questions to Ponder:

The following questions are offered as a place to start the conversation. Please respond to the questions assigned for each week. Even if you don't plan on joining on Zoom, may these questions help you to discover the ways the Holy Spirit is present with you and encouraging your development as a disciple of Christ.

The Zoom invite will go out on Tuesday, February 27th by email. If you would like to join via telephone and cannot get the meeting number and passcode that way, call Pastor Lori at 208-255-4293 and she will get you the information you need to join. It will be a recurring meeting invite, so you will only need it once for all the Wednesday gatherings.

Come and discover the gifts God has for you this Lenten Season.

*Cover shared by Mindful Christianity <https://www.facebook.com/MINDFULCHRISTIANITY/>



By sebastian-unrau-sp-p7uuT0tw-unsplash.jpg

Week 1 (February 28th)

1. How do you address/respond to God? (Lord, God, Holy One, Gracious God, etc...)
2. Do you have any images including contexts or landscapes that come to mind when you address God.
3. Has your prayer changed since you were a child - elaborate if you wish.

Week 2 (March 3)

1. Are there images of Jesus praying that are important to you?

What are they? Can you describe it or even draw them?

2. Would you describe your prayer life using a metaphor or any way that makes sense to you?

Week 3 (March 10)

1. Do you have any physical gestures or movement when you pray?

What does it feel like when you use gesture and movement to pray?

2. Are there any daily routines that stimulate prayer.

Week 4 (March 17)

1. What is God's voice like? Is it a sound and/or a feeling or something else?

2. Is there any music and writings (Sacred and Secular) that you use?

3. Are the senses important (vision, hearing, touch, smell and taste) helpful?

Week 5 (March 24)

4. What are the ways prayer is a symbolic and/or practical means to edify/help you, others and our world . You can get artistic here if you'd like.

5. Shall we close with the Lord's Prayer?



By Steve Neuder