

# Prayers of Reflection

## Practicing Prayer

Week Three

This classic prayer of reflection is a way of reviewing our day and noticing God's presence. It helps us grow in awareness of the Lord's presence in everyday life, even in the most ordinary mundane tasks of the day. As we continue in this practice, our awareness of God's presence throughout the day grows, and we become more discerning and receptive to God's voice.

### *Reconnect*

Come together using a safe and inclusive question

- How do you review your day? For example, do you journal, share highs and lows, or talk about your day with someone?
- When you have an emotional response to an event in your day, how do you process your feelings?
- When have you noticed the presence of God in your everyday life?

### *Opening Prayer*

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. Amen.

## *Intercession Teaching and Practice*

1. Watch the introduction video together.
2. Listen to the audio teaching and guide together.
3. Use the following guide to facilitate discussion.

## *Choose Your Discussion & Application Questions*

- God's loving presence.**
  - » How would life be different if you were more aware of God's presence and love in the midst of your everyday life?
- The prayer of reflection**
  - » How did you experience the practice?
  - » What connected for you as you expressed gratitude to God?
  - » What was hard for you?
- Continuing the practice.**
  - » Are you willing to continue this practice throughout the week?
  - » What obstacles might you face, and how can you plan today to be intentional about practicing gratitude this week?

## *Digging Deeper*

Read Psalm 139 aloud and then discuss the questions.

1. What word or phrase stands out to you in this Psalm?
2. What is the Holy Spirit teaching you in this passage today?
3. How is God prompting you to respond?

## *Next Step*

This week, would you consider using the guide to practice the prayer of reflection?

## *Closing Prayer*

God, we are so grateful for your love and presence in the midst of our everyday life. Please help us to grow in our awareness of your presence. Help us to live more fully in your presence so that our relationship with you will grow and we might be formed in the likeness of Jesus. Amen.