

03/26/17

Prayer Lab

WITH PAUL

PASTOR SCOTT
WIEKING

Praying with Eyes Wide Open

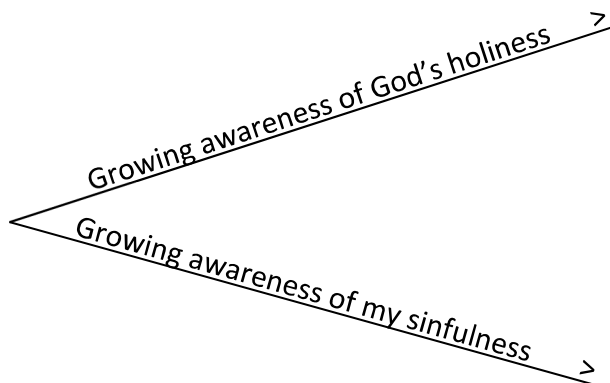
Opening Prayer: *"Be still and know that I am God."* Ps. 46:10

1. We pray out of our _____.

"...[the] only way any of us ever prays to God is as we understand him." Howard Butt Jr.

"the glorious Father"

"all the saints"



Prayer Lab Practice: Pray out of your sense of helplessness

*Father, I come to you as I am.
I just don't have what it takes.
I feel inadequate. I'm not up to the task.
But I come to you as your child.
Would you make up for what I cannot provide.
Be my strength in my weakness. Amen.*

2. We pray with eyes _____.

What Paul longs for -

My God, I pray that I may so know you and love you that I may rejoice in you. And if I may not do so fully in this life let me go steadily on to the day when I come to that fullness . . . Meanwhile let my tongue speak of it, let my heart rejoice in it, let my mouth preach it, let my soul hunger for it, my flesh thirst for it and my whole being desire it, until I enter into the joy of my Lord. Anselm of Canterbury

What Paul prays for -

Prayer Lab Practice: Pray the “Eye-opening Psalms” (e.g. 103, 16, 19, 23, 34, 111)

Resources:

A Praying Life by Paul Miller

Fifty-Seven Words that Change the World by Darrell Johnson

Practice Resurrection by Eugene Peterson

Your Prayer Lab

A Prayer Lab means it’s time to experiment. To try new things. This week, each day we will follow a simple progression of *Open, Pray, and Rest*.

Open – Take a few moments (a minute or two) and in quietness, open your heart to God’s transforming love and provision. “*Be still and know that I am God.*” Ps. 46:10

Pray – Talk with God about what’s on your heart. Then, pray through the prayer suggestions below. “*...pour out your heart before him; God is a refuge for us.*” Ps. 62:8

Rest – Conclude your time by resting in God’s loving presence. Perhaps reflect on one verse of Scripture that encourages your heart or something that God impressed upon you.

Monday – Use the *Open Pray Rest* progression above. During the *Pray* portion, read Ephesians 1: 3-14, giving special attention to the blessings that our Father has lavished on us. Talk to the Father about these blessings and especially about how you perceive him as Father. Ask him to open the eyes of your heart, so that you may see him as he truly is.

Tuesday – Use the *Open Pray Rest* progression above. During the *Pray* portion, read Psalm 103, giving special attention to the ways that David has opened his eyes to see all that God has done and is doing in his life. Then pray through Psalm 103 in your own words.

Wednesday – Use the *Open Pray Rest* progression above. During the *Pray* portion, read Ephesians 1:15-23, and then make the prayer your own by praying it to the Father in your own words.

Thursday – Use the *Open Pray Rest* progression above. During the *Pray* portion, read Philippians 3:7-11, Paul’s longing to know Christ above all else. Talk to Jesus about your desire (or lack thereof) to know and love him more deeply.

Friday – Use the *Open Pray Rest* progression above. During the *Pray* portion, choose one of the eye-opening Psalms (Psalm 16, 19, 23, 34, 111), giving special attention to the ways that the psalm writer has opened his eyes to see all that God has done and is doing in his life. Then pray through the Psalm in your own words.