

PRAY TEN

Questions for Personal Reflection and Group Discussion

Q: Look up these verses and think about the differences in three types of prayer - Closet, Corporate, and Constant prayer.
Matthew 6:5-6; Acts 2:42; 1 Thessalonians 5:17.

Q: Does God answer every prayer? Why or why not? What are possible answers? What answers have you received?

Q: Which phrase best describes the average attitude toward prayer? 9-1-1 Call; Guilt Trip; Wish List; Conversation; Ritual. Do other phrases come to mind? Which best describes it for you? Which do you want? What can you do to move that way?

Q: Think about the "Pray Ten" challenge. Do you think most people spend ten minutes a day in a private focused one-on-one conversation with God? What makes people uncomfortable talking with God? What might help people feel more comfortable? What motivates you to spend time alone with God in prayer? How can a person keep a prayer time from becoming a routine duty and instead make it a meaningful encounter with God?

Q: Think about prayer promises in these verses in terms of confidence, encouragement, direction, provision, conditions, risks, rewards, etc. 2 Chronicles 7:14, Psalm 37:4-5, Jeremiah 33:3, Matthew 6:7-11, John 14:13-14, John 15:7-8, John 16:23-24, Ephesians 3:20, Hebrews 4:16, 1 John 3:21-24.



There are various ways to approach a prayer time.
Use the one that works best for you.

P is for Prayer - Pattern, Passage, People, Projects, Praise

A.C.T.S. - Adore, Confess, Thanks, Supplication

P.R.A.Y. - Praise, Repent, Ask, Yield

YEAR TEN

po-TEN-tial

adj: able to be and do more

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Ephesians 3:20-21

Reach your Year Ten po-TEN-tial in Christ through these spiritual health habits

READ TEN

Read and reflect on the Bible at least ten minutes a day

PRAY TEN

Talk to the Lord in a private focused one-on-one conversation at least ten minutes a day

SERVE TEN

Serve at least ten hours a month in the church and/or the world

SEEK TEN

Seek to influence ten people toward Christ and the church

KNOW TEN

Meet regularly with a small group of 8 to 12 people for spiritual growth and encouragement

GIVE TEN

Give at least ten percent of your household income to the Lord

READ TEN

Read and reflect on the Bible at least ten minutes a day.

There are 89 chapters in the Gospels.
If we read just one chapter a day
from January 9th through April 8th,
we will read all four Gospels by Easter!

This week's readings Monday through Sunday: Matthew 8-14

Pray for the Lord to teach you and change you.
Then follow these simple steps.

Read

Simply see what it says. Who are the author, receivers, main characters? What is the main topic, storyline, objects, and repeated ideas? When and where are the people who are writing, reading, or described? Why was this written and preserved?

Reflect

Think through it. Mull it over. Chew on it. The Bible calls it meditation. Go through the PACES looking for things like:

- Promises to Claim
- Attitudes to Adopt
- Commands to Obey
- Examples to Follow
- Sins to Avoid

Apply

Put into practice the lessons you have learned. Sometimes, you will experience conviction that requires confession. Sometimes, you will experience confirmation, encouragement, or comfort, for which you can give thanks. Sometimes, you will receive insight for a challenging situation or relationship. Sometimes, you will be prompted to a new act of kindness or ministry. Be sensitive to the Lord's Word and Spirit and respond accordingly.

PRAY TEN

Talk to the Lord in a focused one-on-one conversation
at least ten minutes a day.

P_____ Talk to the Lord guided by the Lord's Prayer.

Express the thoughts of each statement. Use a variety of words and phrases. Avoid mindless repetition.

P_____ Talk to the Lord about the reading of the day.

Tell him your thoughts and feelings. Go through the PACES and commit to the appropriate applications.

P_____ Talk to the Lord about the relationships in your life.

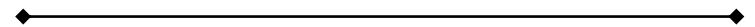
Pray through family, friends, church, co-workers, co-students, neighbors, government, enemies, world.

P_____ Talk to the Lord about today's responsibilities.

Think through the opportunities and challenges.
Give thanks for the easy stuff; ask for wisdom for the hard stuff.

P_____ Talk to the Lord expressing honor and glory.

Affirm your gratitude, commitment to walk with him and for him, desire to be an expression of his kingdom on earth.



THE LORD'S PRAYER

**Our Father in heaven, hallowed be your name;
Your kingdom come, your will be done
on earth as it is in heaven.**

**Give us today our daily bread,
Forgive us our debts as we forgive our debtors.
And lead us not into temptation,
but deliver us from the evil one.**

**For yours is the kingdom and the power and the glory forever.
Amen.**