*Refreshing prayer*.

* Of all of the Holy Habits, prayer is the one that can often become dry and barren,
* We could be tired physical or emotionally, but God is always waiting to be in communion with us.
* We always need to refresh our prayer, by adapting it and modifying it.

***Questions for consideration.***

* Review the balance of your prayer life. Is it a shopping list of requests?
* Have you refreshed your prayer life?

If not, try some new approaches

* Would you value a conversation about Prayer?

If so join a prayer group

* Do we offer the opportunity for the community to bring prayer to God ( ACTS)?
* Who are the people, whose gift is praying for the church, locally and globally?

Excerpts from

**Roberts Andrew** *Holy Habits*, Malcolm Down Publishing 2016

Developing Holy Habits

**4. Prayer**

**The Adventure of Discipleship**

Discipleship is an adventure, but there will be days when we are more enthusiastic about it and others when we would rather do spiritual equivalent of snuggling back under the duvet !

**The Aim of Discipleship**

The aim of Discipleship is to develop within ourselves a ‘Christ like character‘ as a focus to enable the transformation of the world, so the Kingdom of God can a visible and tangible presence here on earth. Discipleship is personal and relational. It flows from the relationship we have with the one who calls us to follow, Jesus.

**Sacrificial nature of Discipleship**

Sacrifice is at the heart of discipleship and suffering, and to a greater or less extent, it is inevitable on the adventure. Jesus was not slow in challenging Simon Peter and his companions to go beyond their experience and comfort zones, thereby helping them grow in confidence. Sometimes in our discipleship there will be those moments when we are called to go beyond our comfort zones and discover Gods resources in new ways, and there will be times when we need to encourage others to take steps of faith on the adventure of discipleship. However living sacrificially, in obedience to the call of Jesus, may also involve suffering because of our association with the one we follow. This could be in the form of snide comments, being excluded from conversation or activities, or to stand alongside the people whom the rest of society would exclude.

**The Nurture of Discipleship**

As we practice the art of discipleship, so the fruits of holiness and Christ like character emerge and blossom, along with resilience, strength and faith to keep going. We need to learn to live rhythmically if we are to nurture 10 Holy Habits.

**Holy Habits**

If we are to commit ourselves and to encourage our church community to live rhythmically and develop discipleship, then we need guidelines; we need to develop tools to enable us to be ‘Christ like’ in character and focus. In other words, to develop and nurture ‘habits’ and allow the Holy Spirit to lead us on the adventure and excitement of discipleship.

**The Fourth Holy Habit is Prayer.**

**‘Let’s Pray’ ……What does Prayer mean for you?**

*The breath of life, the breath of God*

* YHWH, can be pronounced without our tongue for vocal chords, but by our breathing in and out
* One of the Greek words for Spirit is ‘***Pneuma***’, which means ‘air’ or ‘breath’
* True prayer is more than bowing our heads; prayer is the spiritual air we breathe
* We breathe in God’s grace, blessings, love, courage and holiness of God, and breathe our adoration, confession, prayers for others / intercession.
* We encounter mystery and silence
* When we run out of words the Spirit breathes in and out and ‘*prays through our groans and sighs’*
* Prayer can be anytime, anywhere, private or public. It can be wordy, symbolic or in Stillness
* Ultimately, prayer is when we are ***‘in communion with God’***

*Who we are, is how we pray*

* Prayer should reflect our personality
* Enneagram types
* Feelers, Doers and Observers - each personality responds to different method of Prayer.

*God centred Prayer…. ACTS*

Prayer acknowledges

* Adoration ,
* Confession ,
* Thanksgiving
* Supplication