

PRAYER

WEEK 1: GUIDED PRAYER PRACTICE



Use these directions to guide your students in a guided practice of pausing and abiding in prayer.

SAY THIS:

To the best of your ability, *find a spot where you can sit still for a few minutes without being distracted by others.* Try to sit in a way that's comfortable. Maybe put both feet on the floor, put your hands in your lap, and sit up straight if you're able.

Next, *go ahead and close your eyes.* Try to set aside any and all thoughts for the next few moments.

Take a deep breathe in, and a deep breathe out. One more time deep breathe in, and a deep breathe out.

Next, *turn your attention to Jesus.* To do this you might picture what Jesus smiling at you might look like. You might consider the throne he sits on. You might just take a moment and feel the weight of his presence around you.

Another thing you can do is repeat a word or phrase like "Father" or "Lord Jesus" in your mind to help keep your attention fixed on God.

If you find yourself getting distracted, that's ok! Set the thought aside and return your attention to God.

Let's take 45–90 seconds (pick the duration most appropriate for your group) to try this together and then I'll close in prayer.

Closing Prayer...

Jesus, thank you for your nearness to us. There's not a place in this world where we can escape you. You are a living, personal presence, not a piece of chiseled stone or someone far off in the clouds. You are with us. Nothing is between us. You look at us with such joy and such love. We are becoming more and more of who you made us to be just by sitting with you and enjoying your company. God help us to crave and seek out time with you. Help us to become people who long to be with you. Continue to reveal to us the joy and peace that comes with unhurried time in your presence. God, we love you and put this all in Jesus' name. **Amen.**

PRAYER

WEEK 1: GUIDED PRAYER PRACTICE



Use these directions to guide your students in a guided practice of pausing and abiding in prayer.

SAY THIS:

To the best of your ability, *find a spot where you can sit still for a few minutes without being distracted by others.* Try to sit in a way that's comfortable. Maybe put both feet on the floor, put your hands in your lap, and sit up straight if you're able.

Next, *go ahead and close your eyes.* Try to set aside any and all thoughts for the next few moments.

Take a deep breathe in, and a deep breathe out. One more time deep breathe in, and a deep breathe out.

Next, *turn your attention to Jesus.* To do this you might picture what Jesus smiling at you might look like. You might consider the throne he sits on. You might just take a moment and feel the weight of his presence around you.

Another thing you can do is repeat a word or phrase like "Father" or "Lord Jesus" in your mind to help keep your attention fixed on God.

If you find yourself getting distracted, that's ok! Set the thought aside and return your attention to God.

Let's take 45–90 seconds (pick the duration most appropriate for your group) to try this together and then I'll close in prayer.

Closing Prayer...

Jesus, thank you for your nearness to us. There's not a place in this world where we can escape you. You are a living, personal presence, not a piece of chiseled stone or someone far off in the clouds. You are with us. Nothing is between us. You look at us with such joy and such love. We are becoming more and more of who you made us to be just by sitting with you and enjoying your company. God help us to crave and seek out time with you. Help us to become people who long to be with you. Continue to reveal to us the joy and peace that comes with unhurried time in your presence. God, we love you and put this all in Jesus' name. **Amen.**