



DISCOVER YOUR RHYTHM

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PRAY IT

LIVE IT

PRAY IT
LIVE IT

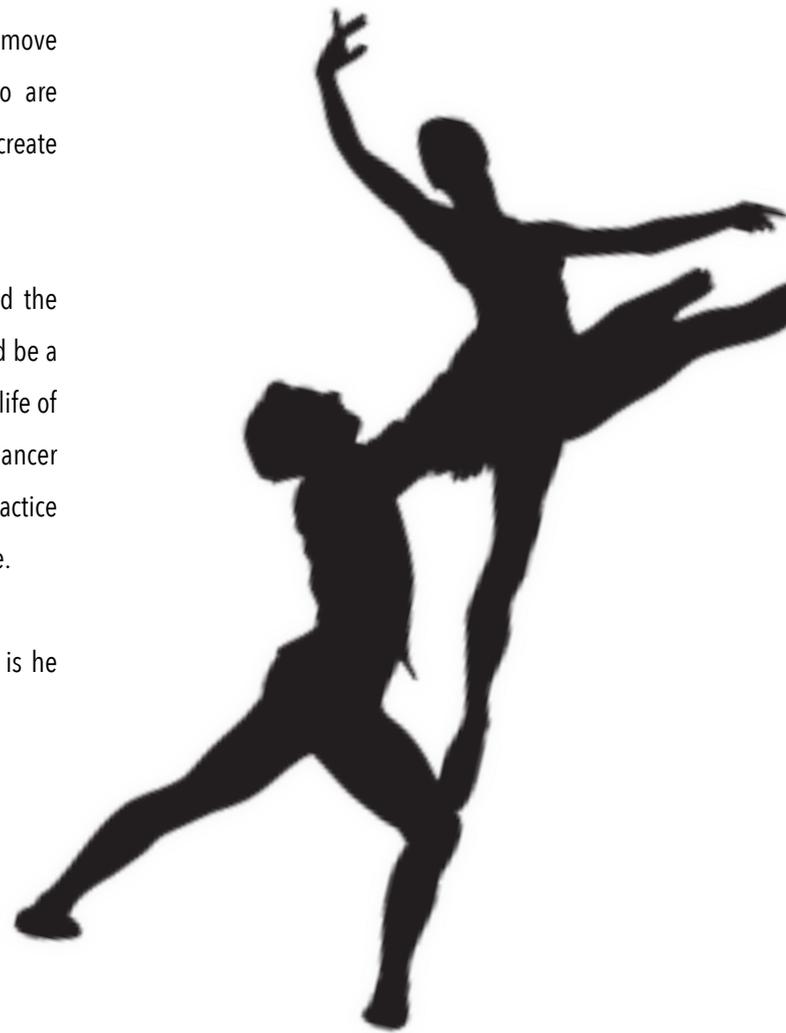


DISCOVER YOUR RHYTHM...

Have you ever seen a ballet dancer perform to a piece of music? They move so effortlessly, and in time with the music that it is like the two are inseparable; the combination of the music and the movement create something beautiful.

This idea of movement that naturally flows through the dancer and the music is a picture of what prayer should be in the church; there should be a natural flow and rhythm to our prayer life that is inseparable from the life of the church, and that creates something beautiful. But just like the dancer needs to work hard to achieve such an end result, we too need to practice and persevere in prayer, with lives that reflect dedication and discipline.

To find this rhythm we must discern God together and seek what it is he wants us to pray into for our churches and communities.



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We want to suggest that as a church family (young & old) that you meet together, in the early part of September/October to discern how God may be asking you to step up or step out in prayer.

SET A TIME

Set a time suitable to gather ALL generations for at least two hours; make the space warm, comfortable and inviting for all who come (remember that because you are including children and young people you should aim to have refreshments and sweets and not just tea & coffee).

GATHER PEOPLE

- Make sure it is an open invitation to all the congregation and church groups (including youth & children's organisations).
- Encourage those who you know are passionate for prayer to attend by personal invitation (If you don't know all the children & young people well, ask the youth leaders to identify specific young people & children to invite).
- It is crucial that your church council are encouraged to attend.

OUTLINE

- Suggested outline for the gathering (please adapt to suit your context).
- Introduce Pray it.Live it using the introduction in the resource.

- You could begin with a short lectio divina exercise on a passage that centres on prayer e.g. Matt 5:9-14. (You could use different age groups to read the passage aloud & have paper and pens for people to respond, draw or write).
- Split into small groups of mixed ages to consider the following questions around the prayer life of your church. (Adapt the language of the questions to suit the age groups and be intentional at involving children in the answers). Each question section should be for approximately 10 minutes.
 - * What is prayer?
 - * What's your honest experience of prayer?
 - * Share an example of how you have seen prayer answered.

Briefly feedback to the larger group. Then return to some more small group questions:

- * How as a church do we pray for one another within this church community? (What do we have to celebrate?)
- * What do we think is missing? (e.g. are the generations praying for each other; do we have prayer ministry; are the organisations praying for the church and vice versa?)

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Briefly feedback to the larger group; have someone note down on a flip chart the areas that are missing (we will be adding to this)

- * In what ways do we pray for our local community?
- * What opportunities do we have to connect with the community both individually and corporately, that help us see the needs of our area?

Briefly feedback to the larger group; adding ideas to the flip chart.

NOW IS THE TIME TO CONSIDER AND DREAM.

- Take the 'Ideas Printout' (available to download) and stick it around the walls where you are meeting. Ask everyone to spend some time looking at these as they walk around the room, inviting God to speak through them. Remember to spend time explaining these to the children who are present and encouraging them to think how they too can be involved.
- Include a blank page on the wall as a space for new ideas that others may have.
- Come back to the small groups and share the ideas that have stood out to the members of the group. Are there ways that these ideas may become part of your rhythm?

Ask someone to record the ideas from each group to be given to the Minister/Organiser for further discernment.

- As you come to a close, pray and ask God to continue to speak to the whole community, and to open up new opportunities for passion and growth in prayer.

TAKING THIS FURTHER

Gather together those people who are passionate for prayer and that have the skills to plan and discern the way forward. Look through the ideas that have come from the gathered time together and listen for how God wants you to move.

Be persistent, passionate and expectant in the pursuit.

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