

Month of Prayer



LENT 2023

Simplifying

MONTH OF PRAYER 2023

Are you tired of being busy all the time? God created the Sabbath as a day of rest to remind us that we don't need to work endlessly and that He will provide for us. How can you choose rest over busyness as a form of worship this week?

Scripture

Psalm 131, Ecclesiastes 4:4-6, Matthew 6:25-34, Luke 3:10-14, 1 Thessalonians 4:9-12

Prayer

Lord of the Sabbath, help me to see where I am choosing busyness over trusting in you, help me to find rest with your Spirit, help me to see those things that you would have me put down so that I can enter into healthier rhythms. Amen.

Prayer Practice

This week our prayer practice is breath prayer. A simple way to meditate on a single passage and take it throughout your day, praying without ceasing. This method can help the passage to sink in, taking root in your heart more easily. Being conscious of your breath and breathing the words in and out allows you to focus not only your mind but also your body and heart as you engage God's word in this way.

Quiet Your Mind

Be still close your eyes and open yourself to God's presence, invite God's Spirit to be with you and guide your time.

Read

Consider the passage of scripture you are reading today. Invite God to reveal something or some part to your heart.

Create

Using the words God revealed write a breathe prayer. Psalm 20:7 'some trust in chariots and some in horses, but we trust in the name of the Lord our God'; could become: "Lord, I trust you."

Pray

Take 5-10 minutes & breath in and out comfortably and begin to breathe your prayer, breathing in: Lord, breathing out: I trust you (use the prayer you wrote from this weeks readings)

Return

Throughout your day if you find yourself getting tired or anxious about anything, take a minute to recenter and pray this prayer again to refocus on God's presence with you.

Getting Practical

1 — Local

Spend some time researching your in your community to find out where the biggest needs are? Is there a shelter, charity or food bank that is in need in your neighbourhood, connect with them to find out what the biggest needs or injustices are.

2 — Downsize

Can you find 21 items from your kitchen, closet and household to donate this week to help simplify your life?

3 — Pray for the TMH Community

Your Regional Leaders and Volunteers, Board of Elders and Staff Leadership Teams. Reach out and encourage them letting them know you're praying.

Creative Creator

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God created you from the dust of the earth, moulded and shaped you. Reflect this week on all the different ways God made you uniquely to meet the needs of those people where you live and work, to share His loving message of Hope for all people.

Scripture

Genesis 2:7, Ephesians 2:10, Isaiah 40:28, 2 Corinthians 5:17, Jeremiah 18

Prayer

Heavenly Father, you are an artisan and you have created me and given me wonderful gifts. Help me to see myself and others as the beautiful artworks of your hand, and help me to bring your light, love and encouragement out to your children. Amen.

Prayer Practice

This week we will incorporate our body actively in the prayer. Body prayers should not be a foreign concept for us as worship services and prayer times all incorporate different elements of engagement or body postures. Engaging your body actively is a holistic way to remember that God came to renew not just your mind and soul but also your body. This is a prayer that was modified from Julien of Norwich a Jesus follower who met Jesus miraculously despite great suffering and pain in her body. She found that she encountered God in new ways when she was able to fully embrace even the painful sensations in her body. Take ten minutes to add this prayer to your routine each day this week.

Await

(Standing hands at the waist, palm up and open)
Wait for God's presence, not as you have experienced before, as you imagine but let yourself be open to Jesus and His Spirits leading.

Allow

(Reach up, hands open)

Simply let God's presence come or not come to be with you, without expectations.

Accept

(Hands over heart palm to body)

Accept whatever comes as a gift, even if nothing comes. Accept that you are not in control or in charge. Accept the awesomeness of God's presence with you.

Attend

(Hands outstretched, ready to be responsive)

Is there somewhere that God wishes to lead you? Acknowledge His direction and how He is providing for you.

Getting Practical

1 — Benevolence

Spend 5 minutes in silence and invite God to bring one or two friends/family members to mind (maybe someone you have fallen out of touch with). Write them a letter, send them an email or text and make a connection.

2 — Get out in Nature

Go for a walk and be present in your neighbourhood take note of where you notice the beauty in creation and pray for the people and places you pass. Give thanks to God for the beauty you see.

3 — Pray for the TMH Community

Our Home Church Elders, Coordinators, Young Adults, Youth, Children & Staff members. If one person keeps coming to mind as you pray, consider reaching out to see how they are.

Purpose

God created the universe placing you in it with a purpose. Reflect on the value and gifts God has given you to participate in building His kingdom.

Scripture

Jeremiah 29:11, Mathew 28:18–20, Colossians 1:16, Luke 7:29–30, Psalm 33:11, Ephesians 2:10

Prayer

Lord, help me to understand how I can use the gifts you gave to steward your creation. Show me where you are calling me to respond to your call. Amen.

Prayer Practice

This week our prayer practice is Lectio Divina. This is one way that you can use the Bible for prayer and not just info. You read a section of text for each portion of the prayer, *read, meditate, speak* and *rest*, using it as a map into a prayerful conversation with God. Leave 2–5 minutes for each section of this simple Lectio Inspired guide, and consider adding this form of prayer into your regular spiritual rhythms.

Quiet Your Mind

Close your eyes, be still and open yourself up to God's presence. Make sure you are comfortable and centre yourself in silence. Imagine that God, your creator, is calling you by name, your true name, whom you were made to be. Invite God to help you to see, hear and experience what He is bringing for you in the passage.

Read

Read the passage aloud a couple of times, leaving space for silence between readings. Watch for any words or phrases which make a connection or are meaningful to you personally.

Meditate

What was revealed to you, take some time to meditate on it. It may invoke certain feelings or memories, take these to God and share them with Him.

Speak

Images, words or feelings it doesn't matter. Converse with God of your experience, let Him speak to you, showing you what he wants you to experience today.

Rest

Images, words or feelings it doesn't matter. Converse with God of your experience, let Him speak to you, showing you what he wants you to experience today.

You may want to read the passage again and savour God's presence at this moment before you finish; *Thank God.*

Getting Practical

1 — Local

From your research in week one, is there one way you feel God is inviting you to help?

2 — Care

We all know someone who is having a hard time, reach out and make a connect see if you could help in some way.

3 — Pray for the TMH's Mission Partners

For us that we would not just know God's love for us but that we would share what we have learned and seen with others, and that we would join in where God is inviting us to serve.

Partner with God

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God created us for a purpose, to co-rule in creation with Him. This week as you read the passages reflect on what it means to actually follow God, get to know Jesus and partner with the Spirit to participate in building the Kingdom God has been creating.

Scripture

Genesis 1:26–28, Genesis 22:15–18, Hebrews 3:1–4, Luke 5:4–7, 1 Corinthians 3:10–15

Prayer

Heavenly Spirit, equip us with: the courage to follow your leading, the strength and perseverance to see it completed and the faith to trust that your grace will be enough for us. Amen.

Prayer Practice

This week we will spend time listening to God through the practice of silence. Let this guide assist you on your journey.

Create Space

Prepare a quiet space where you can be silent and uninterrupted. Set a gentle timer to help manage your time. As you prepare start inviting God to help prepare you.

Invitation

Pray inviting God to be with you, for God to guide and speak to you, or just that He would reveal His presence to you in this time.

Read

Whatever the passage for the day, read it through once or twice.

Wait

Quiet yourself in place and just sit in silence. Don't judge yourself for distractions. Put down distractions when you notice them and recenter quietly as you wait for God.

Awaken

Come slowly out of your silent space, giving yourself time to journal any thoughts about the passage, about what God might have said to you. Consider all of those things you heard as you try to envision the big picture of your life.

Give Thanks

Pray thanks to God for guiding you.

If you are not used to silent time, turning off the noise in your own head can be difficult. Consider keeping some scrap paper to write down important thoughts and slowly build up from 5– 20 minutes a day.

Getting Practical

1 — Smile

There is no law against love, go out of your way to make others smile today.

2 — How to Share the Gospel, start small

Pay attention this week, does someone share something *big* with you, whether it is cause for celebration or concern, share how you pray in those times and ask if it would be ok for you to pray for them. You may be surprised about the conversations that arise.

3 — Pray for the TMH Community

All who attend online and or in-person that we would be united in worship and mission as we seek too become more like Jesus.