



We need to find time within our individual lives for openness to God. That is why a *Methodist Way of Life* suggests that we commit to daily prayer. Making a space in our day, however short, consciously to place ourselves in God's presence; to share the things that are on our hearts and in our lives; to give thanks and to pray for others and perhaps most important (and most difficult) to be still and listen to God.

*(From [Finding the Way: Getting Started with a Methodist Way of Life](#))*

*We will pray – but how do we get started?*

#### Resources:

#### **Bible reading: Luke 11:1 – 4**

*One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "LORD, teach us to pray, just as John taught his disciples." <sup>2</sup>He said to them, "When you pray, say: "'Father, hallowed be your name, your kingdom come. <sup>3</sup>Give us each day our daily bread. <sup>4</sup>Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation.'"*



Some suggestions to think about from the reading, taken from the Methodist Way of Life preaching series

- Prayer is for the tough times too.
- Jesus' own practice of prayer includes turning to God when things were hard – when drained (Matthew 14:23; Luke 5:16), when making hard decisions (Luke 6:12), in Gethsemane (Matthew 26:36), in bereavement (John 11:41).
- When asked to teach his disciples about prayer, Jesus encourages them to ask daily for all that they need – bread is cited, but this could stand for a range of needs, it gives strength for the day.
- When we are carrying too much in life we become weary – prayer invites us to lay down those heavy packs. Our culture promotes self-sufficiency and independence; it moves us away from the habit of expressing need and asking for help. Maybe that's why some of us find prayer a challenge?
- What do we need day by day? How is our recognition of need a kind of prayer?

*We will pray daily – but how do we get into that routine?*

## Resources:

### **Bible reading: Proverbs 8:32 – 36**

*<sup>32</sup>Now then, my children, listen to me; blessed are those who keep my ways. <sup>33</sup>Listen to my instruction and be wise; do not disregard it. <sup>34</sup>Blessed are those who listen to me, watching daily at my doors, waiting at my doorway. <sup>35</sup>For those who find me find life and receive favour from the LORD. <sup>36</sup>But those who fail to find me harm themselves; all who hate me love death.”*

Some suggestions to think about from the reading, taken from the Methodist Way of Life preaching series:

- In this lovely extract, God describes the happiness of those who are attentive to God, listening, watching and waiting daily at God’s gates and doors – i.e at the entry points of life.
- Seeing this passage as a description of prayer could be liberating. This sort of living, or praying, is about listening to and seeking after God, not about a system.
- In a contribution to BBC Radio 2’s *Pause for Thought* in October 2005, Rowan Williams used the image of sunbathing to illustrate how we encounter God in prayer: just relax and let it happen.

Some places to look for patterns of daily prayer:

[A Word in Time – the Methodist Church’s daily Bible reading resource](https://www.methodist.org.uk/our-faith/the-bible/a-word-in-time/)  
<https://www.methodist.org.uk/our-faith/the-bible/a-word-in-time/>

[How to use daily office – from the Northumbria Community based on Lindisfarne](https://www.northumbriacommunity.org/offices/how-to-use-daily-office/)  
<https://www.northumbriacommunity.org/offices/how-to-use-daily-office/>

[Daily office from the Abbey worship book – from the Iona Community](https://iona.org.uk/about-us/prayer/daily-office-from-the-abbey-worship-book/)  
<https://iona.org.uk/about-us/prayer/daily-office-from-the-abbey-worship-book/>

Use the box below to make notes on any thoughts or questions you may have