



## RENEWED BY THE SPIRIT TO PRAY

LENT 2020: WEEK 2

04 – 10 MARCH 2020

### ANCHOR SCRIPTURE

Matthew 6: 1-15

### HOW TO SPEND MEANINGFUL TIME IN PRAYER

Last week we reflected on the need to be realistic and avoid self righteousness when we fast and pray so that we don't become like the pharisee.

This week we look at how we supplement our fasting with prayer. The Lord's prayer is a good place to start looking at how we pray. This week we consider the fact that God does not need us to impress others about our faith, but express our relationship with God through our faith. That is why we adore God, thank God, ask God for our needs, declare our need for God, acknowledge that God is the one who has the power over our lives and life in general. Prayer can be the rhythm of our faith as we allow God to regulate the pulse of our lives.

Shalom, Rev M. Diutwileng



## Things To Consider This Week:

1. What thoughts are you ready to share with others in adoration of God?
2. Share what you celebrate about life and thank God for it.
3. What are your deepest needs? Try and distinguish between your needs and your wants.
4. How would you like God to guide your life?
5. Consider the things that bother you about your life. Confess these to God.
6. If God cares for you, you also should care for others. Who would you like to pray for this week?

Prayer requires time. Make time to be with God.

Prayer is a discipline. Pray regularly.

Prayer is an honest conversation with God. Pray sincerely.



### Breath Prayer:

Here I am Lord, there is nothing hidden from you. Help me to be open about my life this week as you renew my life by the power of your Holy Spirit. Let me have life-changing conversation with you this week. Amen.