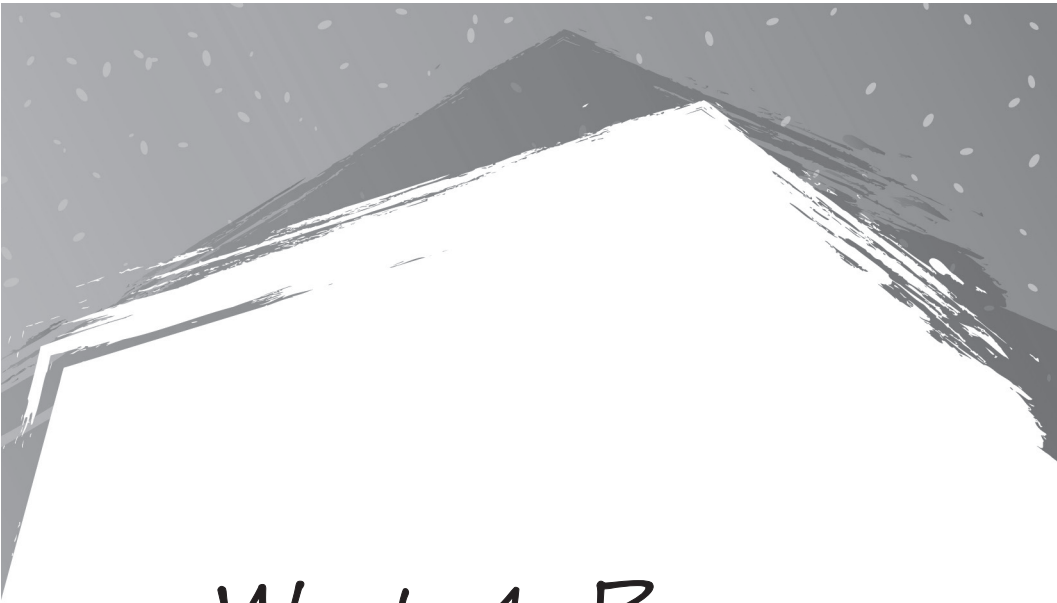




SETTING YOUR  
SPIRITUAL STRIDE





# Week 1: Prayer

"Units of prayer combined,  
like drops of water,  
make an ocean."

- E.M. Bounds



# Reflect

## Prayer | Week 1

Approaching prayer as a spiritual discipline is critical to keeping pace in our spiritual lives. Richard Foster writes,

*"Prayer catapults us into the frontier of the spiritual life. Of all the Spiritual Disciplines, prayer is the most central because it ushers us into perpetual communion with the Father."  
(Foster, Celebration of Discipline p.33).*

Prayer is the entry point for our training so that we continue to keep pace with the Spirit. Sometimes people approach prayer as a laundry list of things we want God to do for us or to give to us. This approach, in and of itself, is not wrong. God is willing to listen to what our heart desires, and telling him these things are good. The problem with this approach to prayer arises when it dominates our prayer life, crowding out all that prayer does. The spiritual discipline of prayer isn't primarily about persuading God to change or do; instead, it is about opening up ourselves so that God can change us. Foster writes,

*"To pray is to change. Prayer is the central avenue God uses to transform us"  
(Foster, Celebration of Discipline, p.33).*

There are many helpful ways to approach prayer, and like anything else valuable in life, one learns to do it through practice. This habitual entering into perpetual communion with God changes us from the inside out.



# Monday

When **you** are **praying**, do not heap up empty phrases as the Gentiles do; for they think that they will be heard because of their many words. **Do not be** like them, for your Father **knows** what you need **before you** **ask him**. - Matthew 6:7-8

## Stretching

What are the areas of growth I need to walk into today?

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## Hurdles

What are the obstacles that keep me from walking into this discipline today?

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## Wins

Where did I see God moving  
in my life today?

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## Huddle

Prayers for today.

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# Tuesday

Pray then in this way: Our Father in heaven, hallowed be your name. Your Kingdom come. Your will be done, on earth as it is in heaven. Give us this day our daily bread. And **forgive us** our debts, as **we** also have forgiven our debtors. And do not bring us to the **time** of trial, but **rescue** us from the evil one. For if **you forgive** others their trespasses, your heavenly Father will also forgive you; but if you do not forgive others, neither will your Father **forgive** your trespasses.

- Matthew :9-15

## Stretching

What are the areas of growth I need to walk into today?

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## Hurdles

What are the obstacles that keep me from walking into this discipline today?

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## Wins

Where did I see God moving  
in my life today?

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## Huddle

Prayers for today.

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# Wednesday

So I say to you, **Ask**, and it will be given you;  
**search**, and you will find; **knock**, and the door will be opened  
for you. For **everyone** who asks receives,  
and everyone who searches finds, and for  
everyone who knocks,  
the **door** will be **opened**.

- Luke 11:9-10

## Stretching

What are the areas of growth  
I need to walk into today?

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## Hurdles

What are the obstacles that  
keep me from walking into this  
discipline today?

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# Wins

Where did I see God moving  
in my life today?

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# Huddle

Prayers for today.

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# Thursday

Then he withdrew from them about

a stone's throw, **knelt down**, and **prayed**,

"Father, if you are willing,

**remove** this cup from me; yet, **not**  
my will but **yours** be done."

- Luke 22:41-42

## Stretching

What are the areas of growth  
I need to walk into today?

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## Hurdles

What are the obstacles that  
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discipline today?

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## Wins

Where did I see God moving  
in my life today?

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## Huddle

Prayers for today.

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# Friday

Immediately he made the disciples **get into** the boat and go on ahead to the other side, while **he** dismissed the crowds.

And after he had dismissed the crowds,  
**he went up** the mountain by himself **to pray**. - Matthew 14:22-23

## Stretching

What are the areas of growth I need to walk into today?

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## Hurdles

What are the obstacles that keep me from walking into this discipline today?

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## Wins

Where did I see God moving  
in my life today?

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## Huddle

Prayers for today.

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# Saturday

In the morning, while  
it was still very dark, he got up  
and went out  
to a deserted place, and there he  
prayed - Mark 1:32-35

## Stretching

What are the areas of growth  
I need to walk into today?

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## Hurdles

What are the obstacles that  
keep me from walking into this  
discipline today?

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# Wins

Where did I see God moving  
in my life today?

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# Huddle

Prayers for today.

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