

# Praying the Scripture - a few simple steps at home

## Sunday 24<sup>th</sup> July 2022

1. Start with stillness and quietening down; then gently read the passage, noticing any feelings and connections to your own experience.

2. Read the passage again and spend understand. *The notes in your Bible may be of help at this point.*

3. Read the passage a third time - wondering how you yourself might pray the text over the next few days.

4. Over the next week, set aside times to come back more than once to the passage. You could read it all or part of it again, slowly. Perhaps there is a special word for you in this passage of Scripture? Keep this word or phrase in your thoughts and gently repeat it, bringing it to mind and allowing God to speak to you in your heart.

5. Finally, come back to the text to conclude: What is God in this scripture asking of you this week? What is the one challenge, one little change you are asked to make or the thing you have been asked to do? Then say a prayer of thanksgiving for the good news in the passage. End in quiet prayer.



### THIS SUNDAY'S GOSPEL – Luke 11: 1-13

Lord, teach us to pray as John taught his disciples

*Jesus was praying in a certain place, and after he had finished, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples." He said to them, "When you pray, say: Father, hallowed be your name. Your kingdom come. Give us each day our daily bread. And forgive us our sins, for we ourselves forgive everyone indebted to us. And do not bring us to the time of trial."*

*And he said to them, 'Suppose one of you has a friend, and you go to him at midnight and say to him, "Friend, lend me three loaves of bread; for a friend of mine has arrived, and I have nothing to set before him." And he answers from within, "Do not bother me; the door has already been locked, and my children are with me in bed; I cannot get up and give you anything." I tell you, even though he will not get up and give him anything because he is his friend, at least because of his persistence he will get up and give him whatever he needs. 'So I say to you, Ask, and it will be given to 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. Is there anyone among you who, if your child asks for a fish, will give a snake instead of a fish? Or if the child asks for an egg, will give a scorpion? If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!'*



### A Short Thought

*Although the Lord's Prayer is clearly Christian in origin and, I would guess, exclusively Christian in usage, actually there is nothing in that could not be sincerely prayed by Jews. And yet, a closer look reveals just how Christian the prayer is. We call God "Father" because we his children in the Son. The coming kingdom is the one preached by Jesus. Our daily bread includes the bread of the Eucharist. Even "the time of trial" points to the travails of the end when Christ-believers might find themselves denying him. In this way, the prayer both enables and expresses our being "joint heirs with Christ" (Romans 8:17). Rather than a set of words, it is really a way of praying.*

*So we dare to be shameless in our prayers, to keep bringing our needs and hopes to our heavenly Father, because Jesus tells us to do so, trusting in God's loving purpose for us. Not everything that happens is God's will. But we can affirm with St. Paul, "in all things God works for good for those who love God, who are called according to his purpose" (Romans 8:28).*

### SOME POINTERS FOR PRAYER

1. What a beautiful request from one of the disciples to Jesus: 'Lord, teach us to pray'. Who taught you to pray? Have you ever taught anyone to pray?

2. In the prayer Jesus gave us as a model, the focus is not on getting God to do what we want but on trying to be open to what God wants: "Your kingdom come". That openness implies a trust that what God wants for us, is our good. When have you found that you benefitted when you were open to whatever happened and trusted that the Spirit was with you no matter what happened?
3. One of the points in the parable of the friend knocking at the door is that in the case of true friendship it will not be necessary to browbeat the friend into giving what you seek. Recall times when you had a friend who gave willingly and readily. What was it like to have such a generous and willing response? Perhaps you can also recall when you have been that kind of a friend to others
4. Take a moment look back to times when I asked and was given, sought and found, knocked and it was opened to me. Also bring to mind when I was not given, when I did not find, and when the door stayed shut. - Ask the Lord for faith and trust.
5. Asking, searching, knocking, are the actions of someone in need. The question Jesus raises is faith. Do I really believe that God the Father will give if I ask?

## Prayer -

Abba Father, with the prayer your Son taught us always on our lips, we ask, we seek, we knock at your door. In our every need, grant us the first and best of all your gifts, the Spirit who makes us your children. We ask this through your Son who lives and reigns with you in the unity of the Holy Spirit forever and ever, **Amen**

### Prayer in these uncertain times

*We pray for all those in our country and throughout the world suffering from the Corona Virus. May its victims and their families be strengthened by the support of our community of faith and restored soon to full health. We also pray for our leaders and medical personnel who deal with the virus. May we keep calm and may we join together in solidarity with care and compassion to tackle this emergency. This we ask in confidence through Christ Our Lord. Amen*

*We pray for Ukraine. For all of humanity distorted by war. For all the lives lost, homes seized, and peace broken. May the Spirit of comfort and compassion envelop all who dwell in fear. May peace prevail and justice reign. May love always be the guide and measure of our actions and responses. Amen*



Jesus teaches us by the example of his own prayer life

Jesus teaches us a working model for prayer

Jesus teaches us the mindset of prayer

As we confidently approach God,  
we need to stay in continual communication with Him,  
as we daily learn to trust His character