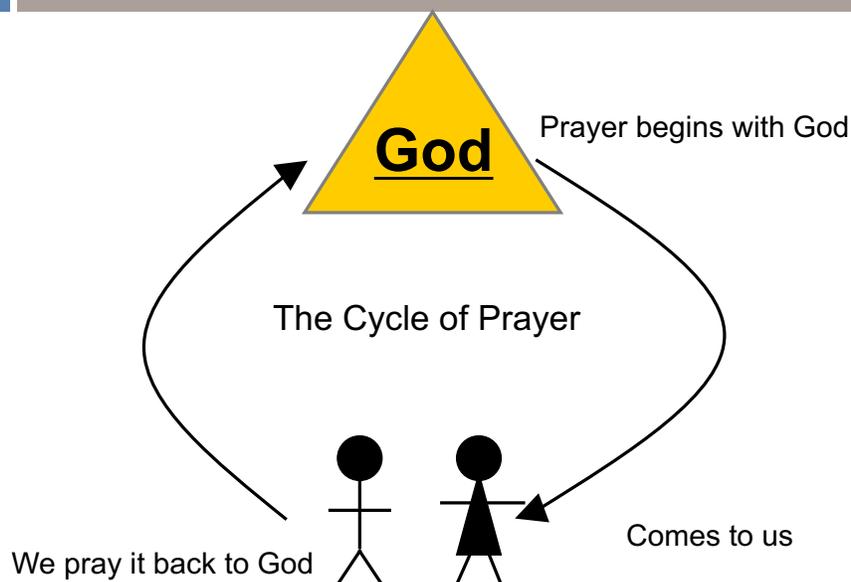


# The Cycle of Prayer or Listening Prayer

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## Biblical Foundation

- God took the initiative in creation
  - Gen. 1:1, in the beginning God created the heavens and the earth
- God took the initiative in redemption
  - Rom. 5:8, “while we were yet sinners, Christ died for us”
- God takes the initiative in the relationship and communication we call prayer
- Prayer begins in the heart of God, it comes to us, and we pray it back to God



As we begin this prayer exercise, we pray these words of scripture:

1. “Lord, teach us to pray....” Luke 11:2-9
2. “Speak, Lord, for your servant is listening” 1 Samuel 3:10

Silence for 30, 60, or 90 seconds: As things come to you, silently lift/pray them back to God.

Share with your neighbor (not your spouse) 1. What went well? 2. What surprised you? 3. What question do you need answered before you could pray this way again?

Transition, Option 1 for Church Meetings/Small Groups: Open the conversation for group reflection. How does what God has spoken to us in prayer inform the work we are called to do together today?

Transition Option 2 for Prayer Time: Close session with the Lord’s Prayer, “ Our Father....”

Follow Up:

1. **Spiritual Growth of Christians.** Use this form of prayer for 3 to 5 minutes each day, 5 days. Does this form of prayer help you or your groups enter into the heart of God?
2. **Engaging in God’s Mission.** It is God’s will that every person come “home” to the Kingdom of God. Ask the Holy Spirit to give you the names of five people to pray for by name (one for each finger).
3. **Guidance in Prayer for:** 1) my life; 2) my family; 3) my small group; 4) my congregation and its leaders; 5) my state; 6) my nation; 7) the church universal