

# PRAYER

PRAYER RHYTHMS

PRIORITISE OUR FIRST CALLING

BE JOYFUL  
IN HOPE  
PATIENT IN  
AFFLICTION  
FAITHFUL IN  
PRAYER

IN A DEEPLY PERSONAL WAY

PUNCTUATING OUR DAY

POINT US TOWARDS JESUS



## **PRIORITISE PUNCTUATE PRACTICE POINT**

'Prayer Rhythms' are about prioritising our first calling (to love God with all our heart, soul, mind and strength - Mark 12:30) by punctuating our day, week, month and year with practices that point us towards Jesus in a deeply personal way.

### **Prioritise** our calling

In the busyness of life, it's so vital that we "prioritise our priorities." If not, we'll so often find that the most urgent things overtake our days. Our daily decisions determine the direction of our decades. Prayer rhythms are about prioritising our priorities by putting them in our calendar (punctuating our day) and making them a non-negotiable.

### **Punctuate** our day

With all the distractions around us, we need small reminders, 'punctuating' our days, to keep pointing our hearts, minds and lives towards Jesus. Devoting time to God in the morning is a powerful (some might even say essential) way to start

your day, but is often forgotten about by the time that lunch comes around. Prayer Rhythms are about simple practices that can be engaged in throughout the day.

### **Practices** to practice

There are lots of simple forms of prayer and spiritual disciplines that can help point you towards Jesus. We have resources for some of these at [www.htb.org/prayer](http://www.htb.org/prayer). Try and 'practice' these practices - they might not be easy or comfortable first of all, but with commitment and openness, followers of Jesus have found these to be transformative practices. Examples of these include:

The Lord's Prayer / Prayer Journalling (Examen Prayer) / Prayer Jars (Intercession) / 24/7 Prayer Room / Praying Scripture / A.C.T.S. / Lectio Divina / 11.02 'Your Kingdom Come...' / Silence / Solitude / Listening Prayer / Contemplative Prayer / Fasting / Speaking in Tongues / Prayer Walk / Scripture memorising / Worship music

## POINT

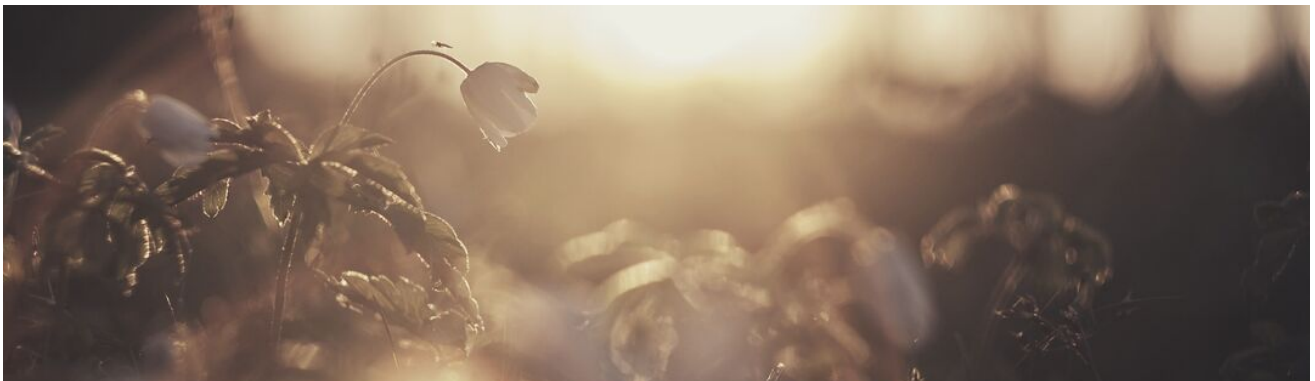
Point us towards Jesus

The purpose of these practices is not to become masters of the practices; nor are they to boost our spiritual ego, or appease a sense of guilt or duty. They are to *point us* towards Jesus, as a response to the love of God the Father, revealed to us by the Holy Spirit. They are practices to ignite and fuel the fire of love in our hearts for Jesus in a deeply personal way.

## PERSONAL

Personal and unique

God has 'wired' us all in different ways, and He celebrates our uniqueness. Therefore, our Prayer Rhythms should look unique; personal. Which practices ignite and fuel *your* fire of love for Jesus? This may take a while to learn, so experiment with new practices, and try them out a few times to really discover their benefit. Your personal Prayer Rhythm should be stretching, but realistic to your season of life - don't fall into any comparison with others, this is about what ignites and fuels your fire of love for Jesus.



## EXAMPLE PRAYER RHYTHMS

### PRAYER RYTHM 1

#### Morning:

Bible in One Year (30mins)

Prayer Jars [Intercession] (10mins)

#### Lunchtime:

Walk and listen to God (15mins)

#### Evening:

Lord's Prayer before going to sleep (5mins)

### PRAYER RYTHM 2

#### Morning:

Lord's Prayer (5mins)

Contemplation on a Bible Verse / Scripture Memory (10mins)

A.C.T.S. Prayer [Whilst cleaning my teeth - 30 seconds on each] (2mins)

Bible in One Year [Whilst on commute] (25mins)

#### Mid-Morning

11.02\* 'Your Kingdom Come' (2mins)

#### Afternoon:

Worship Music [Commute home] (25mins)

Prayer Walk [do a loop of local area when off the tube] (10mins)

#### Evening:

Prayer Journalling [Prayer of Examen] (15mins)



**PRIORITISE OUR  
FIRST CALLING BY  
PUNCTUATING OUR  
DAY WITH  
PRACTICES THAT  
POINT US TOWARDS  
JESUS IN A DEEPLY  
PERSONAL WAY**

**PRAYER RHYTHMS**