

**Lent Season 2022**  
**Soul Rest Spiritual Disciplines**

*(Adapted from Soul Reset: breakdown, breakthrough, and the journey to wholeness)*

**Week Two, March 13-19**

**The Practice of Prayer**

The Practice of Prayer simply means to spend time with God. Sometimes we talk; sometimes we listen; sometimes we seek; sometimes we rest—all our actions of prayer.

Day One: Spend time in a quiet place being. Be open to God's spirit.

Day Two: Write a letter to God. Share with God what you would share with a friend.

Day Three: Find a quiet space and time where you may listen for the still, small voice of God.

Day Four: Begin by naming your fears and worries to God. Acknowledge the emotions you are experiencing. Close your prayer with words of praise to the God who is with you.

Day Five: Practice your prayer today by looking for God everywhere. Notice God at work in your life and in the world around you.

Day Six: Practice a breath prayer today. Let your heart whisper, "Lord Jesus Christ," as you inhale, and "have mercy on me, a sinner," as you exhale.

Day Seven: Ask God to reveal places in your life that are thriving and ask God to show you places that need new life. Pray for a clean heart and renewed spirit.

Questions for consideration on prayer.

- Who taught you to pray in your earliest memories of prayer?
- Sketch or list forms of prayer that have spoken to you (gestures, memorized prayers, methods of prayer, etc.).
- What role does silence play in your prayer? What is the role of community in your prayer experiences?

**The Candle Prayer**

**The light of this candle reminds us that Christ, our living teacher, is present with us now as we gather to begin this new venture into a deeper life of prayer.**

**Read Psalm 84: 1-4 aloud at an unhurried pace.**

**Ponder: What does your soul long for? What makes your heart and flesh sing for joy to God?**

**If in a group, take time for silence then for sharing.**

**Offer a simple prayer of thanks and praise for the time of sharing.<sup>1</sup>Lent Season 2022**

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<sup>1</sup> Based on opening exercise in *The Way of Prayer Leader's Guide*, page 32