

REDISCOVERING THE
CROSS
I N P R A Y E R

WEEK 1 | February 21

 **Lectio Divina**

Justification: Is it Still a Concern?
Romans 3:23-25

- 1 As you settle into your space and into this sacred time, ask the Holy Spirit to speak to you through the God-breathed Word.
- 2 As you slowly read the Scripture text above out loud for the first time, notice any words, phrases, or images that catch your attention. In the silence that follows, let your mind linger on the word, phrase, or image that captured your attention.
- 3 As you read the text out loud for the second time, notice what thoughts, feelings, and reflections arise within you. What might God be highlighting to you through this? Did a new word or phrase stand out to you? Did the same word or phrase catch your attention? Ask the Lord how this relates to your life today.
- 4 As you read the text out loud for the third time, notice what God might be stirring within you in response. How is God leading you to respond? Perhaps in gratitude, praise, or confession? In the silence that follows, respond to Him as you feel led.
- 5 As you read the text out loud for the fourth time, allow yourself to simply be. Rest in the Presence of the Holy Spirit.

WEEK 2 | February 28

Breath Prayer

Why Did Jesus Choose to Die?
John 10:14-18

- 1 Read John 10:14-18.
- 2 In rhythm with a slow, deliberate breath, *inhale* the attribute that the Spirit has impressed upon you from the reading, and *exhale* a praise or prayer to God regarding that attribute.
- 3 **Repeat this prayer** as you continue to inhale and exhale in the moments of silence that follow.
- 4 After a minute or two, read **John 10:14-18 a second time**. Pay attention to the words and attributes the Holy Spirit impresses upon your heart regarding the nature of our Triune God and His concern for you and those around you.
- 5 In the moments that follow, allow your prayer to correspond with your inhale and exhale. On your in-breath, repeat your chosen attribute of God. As you exhale, offer how that speaks to your life today, or the truth you need to hold onto today.
- 6 Continue in this posture of praying for the next few minutes.

As you end your breath prayer today, know that you can do this at any time. You do not always have to have Scripture guiding this prayer time. As long as you can recall an attribute of God, you can practice breath prayer.

WEEK 3 | March 7

Prayer Walk

A Portrait of the Unseen God
Colossians 1:15-20 & 1 Corinthians 1:18 & 22-25

- 1 For your prayer walk today, you may wish to try the guided prayer walk offered on our podcast (FPC Houston); if not, take this sheet with you.
- 2 As you begin your walk, take in the sights, sounds and smells around you. Thank the Lord for placing you in this space at this particular moment in time. Take as much time as you would like offering your gratitude to the Lord.
- 3 Now consider the following questions: *Do you notice anything beautiful around you? Is there anything you have not noticed before? Is anything not as it should be? Is anything in need of restoration?*
- 4 As you continue your walk, find a place to pause and read Colossians 1:15-20. Continue on your walk, spending the next few minutes thanking God for the truth of His word in relation to your surroundings.
- 5 Now take a moment to pause and read 1 Corinthians 1:18 & 22-25. Continue walking and reflect upon God's wisdom of the cross and its implications for the way we as His followers live in this world. Is God asking you to live for Him in a way that seems countercultural or even foolish to the watching world?
- 6 As you finish your prayer walk today, thank God for the ways He spoke to your heart.

WEEK 4 | March 14

A Member of the Family

Practicing the Presence of God

Romans 8:15-17; 2 Corinthians 5:17; Galatians 2:20

- 1 Settle into a comfortable position and take some deep breaths, relaxing your body and quieting your mind. Offer yourself to God and ask Him to gather up the fragments of your scattered life and re-collect your soul. Give yourself permission to rest before our loving Creator. When distracting thoughts come into your mind, write down a word that sums up this distraction. Then let the distraction go and return to your rest in God. Continue this practice during the following quiet moments, writing down a distraction every time it comes to mind and then returning to your rest with God.
- 2 Read 2 Corinthians 5:17. Take a few moments to rest with our Savior, allowing Him to become your ultimate attachment. Continue writing words down as they come to your mind and then returning to your rest with God.
- 3 Take some time to look at the words you have written down. What stands out to you? What anxieties, fears, and worries do you see? What do these reveal about your identity?
- 4 Now take a few moments to confess that you are not called to control all that disrupts your life. Return these concerns to the Lord, trusting that He will hold them as you rest in Him.

Now that we have taken time for God to re-collect our souls, let's take a few moments to center our hearts and minds on Christ.

- 5 Read Romans 8:15-17 and choose a word or phrase to be your "centering" word. You will return to this word any time you are distracted.
- 6 What word or phrase caught your attention?
- 7 Take time to become quiet. It is normal for the first few minutes to be filled with many noisy thoughts. Don't worry about them or pay attention to them, for you have already given these concerns to the Lord. Let them go. Gently return your attention to the center of God's presence and love by repeating your chosen word. Be with Jesus. Listen. Be still. When distractions persist, allow your imagination to help you return to Jesus. Imagine His face, His smile, His voice...perhaps you imagine walking with Him in silence, just being together.
- 8 Take these moments to be with Jesus.
- 9 As we end our time of stillness before God, may you be encouraged that this is one way to live out Galatians 2:20. You have given Jesus space today—you have sat at the feet of the Master.

WEEK 5 | March 21

Examen

How We Change
2 Peter 1:3-8

- 1 Take a few deep breaths as you anticipate this time with God. The Almighty Creator gives you His full attention because He loves you.
- 2 Ask God to show you a moment from your day for which to be grateful. When did you feel most alive? Filled with joy? Did you feel God empowering you to choose godliness—words you decided not to say, a child you showed grace to, or a roommate you were compelled to pray for?

Thank God for the ways He allowed you to experience life, joy, and godliness, participating in His divine nature.
- 3 As we revisit emotions, God reveals the connections between our thoughts, emotions, and behavior.

When today did you act in faith, goodness, knowledge, self-control, endurance, godliness, mutual affection, or love?

If these were missing, ask the Lord what is keeping you from living into these realities.
- 4 As you look ahead to tomorrow, when might you be tempted to live into your old, sinful nature—rather than your identity in Christ? Picture God holding those meetings, tasks, or people for you. Can you picture Him carrying them—or you? Ask God to help you hear His voice tomorrow and to hope in Him.

WEEK 6 | March 28

Imaginative Prayer

The Shadow of the Cross
John 12:12-19

- 1 Read John 12:12-19.
 - » Where is the story taking place? Who is there? What was said?
- 2 Read John 12:12-19 a second time. Become someone in the story—either a character that is actually mentioned or simply be a bystander watching this take place.
 - » What do you smell? See? Hear?
 - » How do you feel about what is going on around you?
 - » What does Jesus look like? What does His face portray about His thoughts on this event?
 - » What is going through your mind as you wait for Jesus to enter Jerusalem?
 - » What do you want to say to Jesus as He rides by?
 - » Spend the next few minutes living in this story.
- 3 Read John 12:12-19 for a third and final time. Ask the Lord if there is anything you have not noticed that He wants to bring to your attention or why certain aspects of this story have stood out to you more than others.
- 4 As we finish our imaginative exercise of prayer, consider what God might be communicating to you. What did you feel? Did you speak or act? Did anyone—particularly Jesus—speak to you?