



PERSONAL PRAYER WORKSHOP SCHEDULE

9:10 – 9:30	Worship
9:30 – 10:15	Intro – Importance of Developing Your Personal Prayer Life (Karin)
10:15 – 11:00	Listening Prayer (Karin)
11:00 – 11:15	Break
11:15 – 12:15	Contemplative Prayer (Centering) – Bob Franz Practice
12:15 – 12:45	Lunch – Q & A
12:45 – 1:00	Fixed Hour Prayer – Karin Maney Practice
1:00-2:00	Meditation – (Lectio Divina) – Bob Franz Practice
2:00 – 2:45	Practicing His Presence - Bob Franz
2:45 – 3:00	Break
3:00 – 3:30	Journaling & Intercession – Karin Maney Practice
3:30 – 4:00	Q & A - Workshop Feedback form

INTRODUCTION TO PERSONAL PRAYER

ABIDING IN CHRIST

John 15

I am the true vine, and My Father is the vinedresser. Every branch in Me that does not bear fruit, He takes away; and every branch that bears fruit, He prunes it so that it may bear more fruit. You are already clean because of the word which I have spoken to you. Abide in Me, and I in you. As the branch cannot bear fruit of itself unless it abides in the vine, so neither can you unless you abide in Me. I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing. If anyone does not abide in Me, he is thrown away as a branch and dries up; and they gather them, and cast them into the fire and they are burned. If you abide in Me, and My words abide in you, ask whatever you wish, and it will be done for you. My Father is glorified by this, that you bear much fruit, and so prove to be My disciples. Just as the Father has loved Me, I have also loved you; abide in My love. If you keep My commandments, you will abide in My love; just as I have kept My Father's commandments and abide in His love. These things I have spoken to you so that My joy may be in you, and that your joy may be made full
12" This is My commandment, that you love one another, just as I have loved you. Greater love has no one than this; that one lay down his life for his friends. You are My friends if you do what I command you. No longer do I call you slaves, for the slave does not know what his master is doing; but I have called you friends, for all things that I have heard from My Father I have made known to you. You did not choose Me but I chose you, and appointed you that you would go and bear fruit, and that your fruit would remain, so that whatever you ask of the Father in My name He may give to you. This I command you, that you love one another.

Abide: (meno) to stay, in a given place, state relation and expectancy; to continue, dwell, endure, be present, remain, stand, tarry.

RESOURCES FOR ADDITIONAL STUDY

Book Title	Author
Listening Prayer	Lee Ann Payne
Enjoying the Presence of God	Jan Johnson
Spirit of the Disciplines	Dallas Willard
Practicing the Presence of God	Brother Lawrence
When the Soul Listens	Jan Johnson
Crafted Prayers	Graham Cooke
Conformed to His Image	Kenneth Boa
Prayer	Richard Foster
Open Mind Open Heart	Thomas Keating
Too Deep for Words	Thelma Hall
Valley of Vision	Arthur Bennett



MEDITATION (Lectio Divina)

To read the Bible and not to meditate was seen as an unfruitful exercise; better to read one chapter and meditate afterward than to read several chapters and not to meditate. Likewise to meditate and not to pray was like preparing to run a race and never leaving the starting line. The three duties of reading Scripture, meditation, and prayer belonged together, and though each could be done occasionally on its own, as formal duties to God they were best done together.

Peter Toon, *From Mind to Heart: Christian Meditation Today*,
summarizing the Puritans' teaching on meditation

PURPOSE:

To be in the presence of God by praying the scriptures – to be formed by the word and becoming more like Christ.

LECTIO	MEDITATIO	ORATIO	CONTEMPLATIO
Read	Meditate	Pray	Abide
Lips	Mind	Heart	Spirit
Food	Chew	Savor	Digest

1. Reading or Listening – Read a small portion of scripture slowly, attentively with reverence (maybe several times) listening for the still, small voice of God to reveal to you a phrase, sentence or even one word for this time.
2. Receive the “word” as an intimate and personal message from God. Saturate yourself in the word so that it will become real to you. Let it move from your head to your heart. Chew on the word until it is digested.
3. As you repeat the word over and over, desiring it to settle deeply in your heart, do any insights arise? Something that pertains to the events of the day or your life in general? Do not expand these insights right now. Note them in your journal but simply return to repeating the “word” only. Think the “word” but do not think about the “word”. If you think in the sense of reflecting (information), then you are dominating the conversation. Let the attitude of quiet receptiveness permeate your prayer.
4. As you continue to receive the “word”, a prayer may arise spontaneously in response to God’s deep revelation, making the “word” real. Offer this prayer up to God and return to repeating the word or continue the divine presence by moving into Contemplation (Centering Prayer).
5. If God has more for you concerning this “word” then continue as long as necessary. (hours, days, weeks)

Notes/Journaling:


