



Praying the Scripture - a few simple steps at home

Sunday 28th July 2019

1. Start with stillness and quietening down; then gently read the passage, noticing any feelings and connections to your own experience.
2. Read the passage again and spend time noticing what you don't readily understand. *The notes in your Bible may be of help at this point.*
3. Read the passage a third time - wondering how you yourself might pray the text over the next few days.
4. Over the next week, set aside times to come back more than once to the passage. You could read it all or part of it again, slowly. Perhaps there is a special word for you in this passage of Scripture? Keep this word or phrase in your thoughts and gently repeat it, bringing it to mind and allowing God to speak to you in your heart.
5. Finally, come back to the text to conclude: What is God in this scripture asking of you this week? What is the one challenge, one little change you are asked to make or the thing you have been asked to do? Then say a prayer of thanksgiving for the good news in the passage. End in quiet prayer.



THIS SUNDAY'S GOSPEL - LUKE 11:1-13

Jesus was praying in a certain place, and when he had finished one of his disciples said to him, "Lord, teach us to pray, as John taught his followers." He said to them, "When you pray, say: Father, hallowed be your name. Your kingdom come. Give us each day our daily bread. And forgive us our sins, for we ourselves forgive everyone indebted to us. And do not bring us to the time of trial."

And he said to them, "Suppose one of you has a friend, and you go to him at midnight and say to him, 'Friend, lend me three loaves of bread; for a friend of mine has arrived, and I have nothing to set before him.' And he answers from within, 'Do not bother me; the door has already been locked, and my children are with me in bed; I cannot get up and give you anything.' I tell you, even though he will not get up and give him anything because he is his friend, at least because of his persistence he will get up and give him whatever he needs."

"So I say to you, Ask, and it will be given you search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened. Is there anyone among you who, if your child asks for a fish, will give a snake instead of a fish? Or if the child asks for an egg, will give a scorpion? If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!"

SOME POINTERS FOR PRAYER

- What does prayer mean for me: An obligation? A task? A pause in the search for myself? Presenting God with a list of requests? A pause in the company of the Father? A simple and trusting dialogue with the One who loves me?
- In the prayer Jesus gave us as a model, the focus is not on getting God to do what we want but on trying to be open to what God wants: "Your kingdom come". That openness implies a trust that what God wants for us, is our good. When have you found that you benefitted when you were open to whatever happened and trusted that the Spirit was with you no matter what happened?
- Whom do I meet when I pray: looking deep into myself, when I pray do I speak to one whom I feel to be a judge or to a friend? Do I feel Him to be an "equal" or someone who is "holy", infinite or unattainable? Is He near to me or far and indifferent? Is He my Father or my master? Does He care for me or "is He busy with His own affairs"?
- Does my prayer lead me to be there for others?

Prayer

Loving Father, with the prayer your Son taught us always on our lips, we ask, we seek, we knock at your door. In our every need, grant us the first and best of all your gifts, the Spirit who makes us your children. Amen