

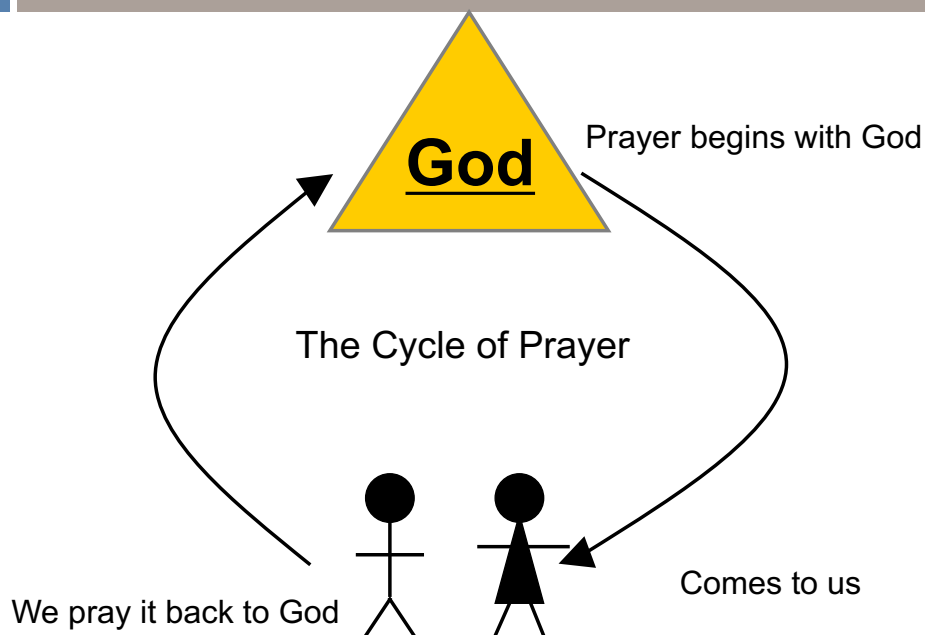
The Cycle of Prayer or Listening Prayer

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The Cycle of Prayer: Introduction to the idea

Biblical Foundation

- God took the initiative in creation
 - Gen. 1:1, in the beginning God created the heavens and the earth
- God took the initiative in redemption
 - Rom. 5:8, “while we were yet sinners, Christ died for us”
- God takes the initiative in the relationship and communication we call prayer
- Prayer begins in the heart of God, it comes to us, and we pray it back to God



As we begin this prayer exercise, we pray these words of scripture:

1. “Lord, teach us to pray...” Luke 11:2-9
2. “Speak, Lord, for your servant is listening” 1 Samuel 3:10

Silence for 30, 60, or 90 seconds: As things come to you, silently lift/pray them back to God.

Share with your neighbor (not your spouse) what went well and what surprised you.

Option 1: Open the conversation for group reflection. How does what God has spoken to us in prayer inform the work we are called to do together today?

Option 2: Close session with the Lord’s Prayer, “ Our Father...”

Follow Up:

1. Use this form of prayer for 3 to 5 minutes each day, 5 days a week until we meet again.
2. It is God’s will that every person come “home” to the family of God. Invite the Holy Spirit to give you the names of five people to pray for by name (one for each finger).
3. Listen for: 1) your life; 2) your family; 3) your class or small group; 4) your congregation; 5) your district; 6) your annual conference; 7) the global UMC; 8) the church universal