

MESSAGE SUPPLEMENT – Simple Prayer

A Sampling of Simple Prayer in the Bible

“Just say the word, Lord” Matthew 8:5-13
“Lord, to whom shall we go? You have words of eternal life.” John 6:60-71
“He must increase; I must decrease.” John 3:22-36
“Not My will, but Yours be done.” Luke 22:39-46
“My Lord, and my God.” John 20:19-29
“Here I am, Lord, send me.” Isaiah 6:1-10
“Lord, help me” Matt. 15:21-28
“Lord, teach us to pray.” Luke 11:1-13
“Speak, Lord, for your servant is listening.” 1 Samuel 3:1-21
“Give Your servant a hearing heart.” 1 Kings 3:1-15
“Be it done to me according to Your word.” Luke 1:26-56
“I always do the things that are pleasing to My Father.” John 8:12-30, 5:18-23
“I had to be about My Father’s business.” Luke 2:41-52 cf. John 19:28-30
“Truly this was the Son of God.” Matthew 27:33-54
“Be still my soul, wait in silence for God only.” Psalm 62:1-2
cf. Psalm 22:45, 37:39-40, 46:10, 107:9
“If Your presence does not go with us, do not lead us up from here.” Exodus 33:7-17
“Lord, save me.” Matthew 14:22-33
“I do believe, help my unbelief.” Mark 9:14-29
“Lord, if You are willing, You can make me clean.” Matthew 8:1-4
“Jesus, Son of David, have mercy on me.” Mark 10:46-52
“Remember me.” Luke 23:39-43
“Wash me thoroughly from my iniquity and cleanse me from my sin.” Psalm 51:2
cf. Hebrews 9:11-14 and 1 John 1:7

LECTIO DIVINA - Using Scripture as a Path to God’s Presence

Lectio divina engages the whole person: mind, heart, and spirit, intellect and imagination, will and affections.

It’s designed to help make God’s Word a part of yourself and bring you face-to-face with God.

There is no set form for lectio—but the following four elements are often found in Lectio:

- **Lectio** - “reading”

First, pick a biblical passage that naturally leads to reflective prayer—a good place to start is the Psalms. Choose a passage that’s fairly short and read several times out loud. With each reading, ask God to speak to you.

- **Meditatio** – “meditation”

Take time to quietly reflect on the passage and listen for what God has to say—listen for the word or phrase that seems to strike you in a unique way and contemplate that word for an extended period of time. Make a point to carry it with you throughout the day.

- **Oratio** - “speak”

- **Prayer** - Ask God, “Why this word? What are you saying to me today?”

- **Share** - When done in a group, share with others what stands out to you. When done alone, find a believing friend sometime during the day and say, “When I was reading this morning, I came across this phrase in the Bible, and it has stayed with me all day long. This helps to make the truth real, opens you up to what others might build into your life and adds a level of accountability.

- **Contemplatio** - “contemplate”

Finally, spend some more time in silence, contemplating what has been revealed to you. This can be done by quietly resting in God’s presence, writing, journaling or drawing.

- *What are two major concerns in your life right now?*
- *Name two meaningful joys or consolations in your life today.*
- *Identify two areas where God may be asking you to grow or endure.*
- *What are your responses to God?*
- *How can the Scripture message help you to triumph or endure?*

Recommended Reading

Richard J. Foster, *Prayer: Finding the Heart’s True Home*, Harper, SanFrancisco, 1992, ISBN 0-06-062846-4

Jan Johnson, *Listening to God: Using Scripture as a Path to God’s Presence*, NavPress, 1998

Henri Nouwen, *The Way of the Heart*, Ballentine Books, New York, 1981, ISBN 0-345-46335-8

Dallas Willard, *Hearing God*, InterVarsity Press, Downers Grove, IL, 1999, ISBN 0-8308-2226-7