

Embrace!

Training to Go
The Distance



- **Our Goal:** To be like Jesus
- **Our Tools:** Spiritual Disciplines
- **Our Strength:** Holy Spirit
- **Our Responsibility:** Do what we can...

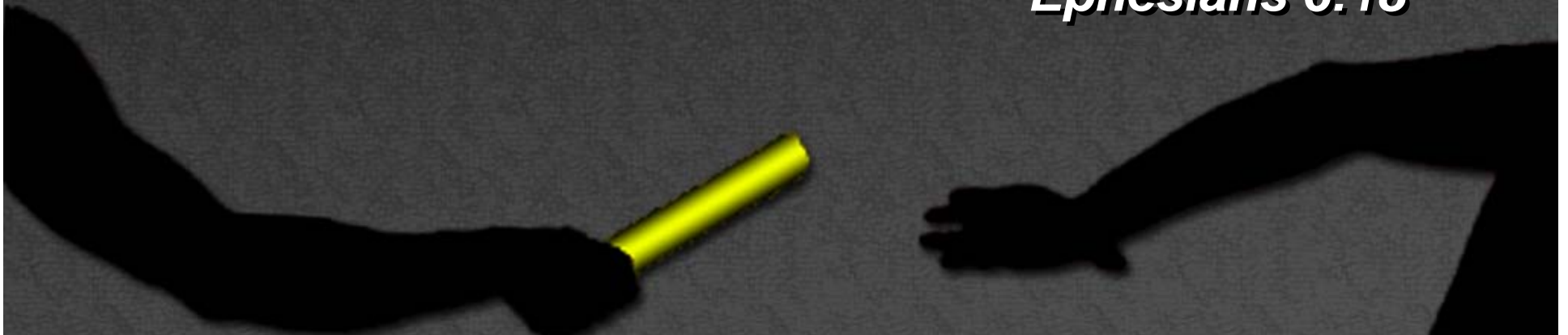
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Prayer

“And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.”

Ephesians 6:18



VIDEO

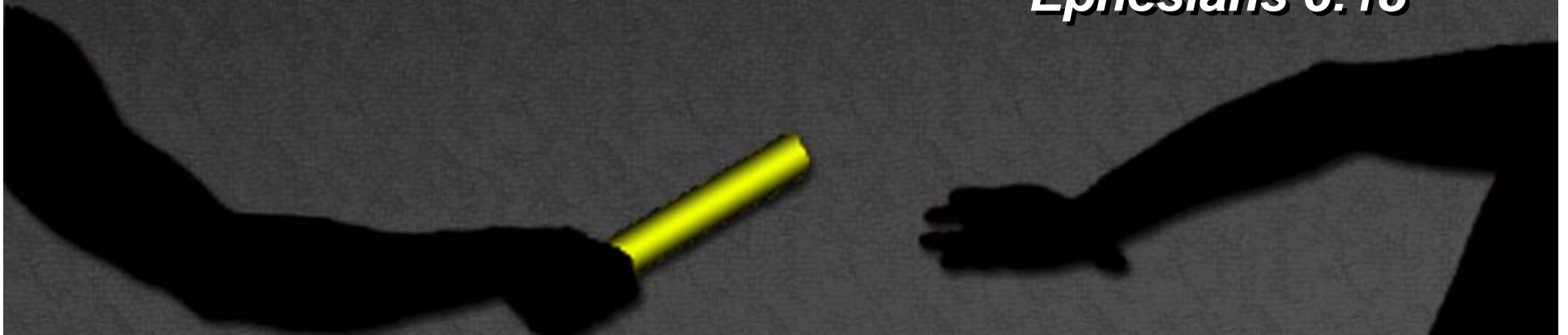
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8 Kinds Of Prayer: 6 Principles

- 1. There is no right or wrong way***
 - 2. The method is simply a tool to help you***
 - 3. All the methods are equally valid***
 - 4. Some are simple...some profound***
 - 5. The ones that work for you are a function of your personality, season of life, situation or spiritual need***
 - 6. Different methods are useful for different situations***
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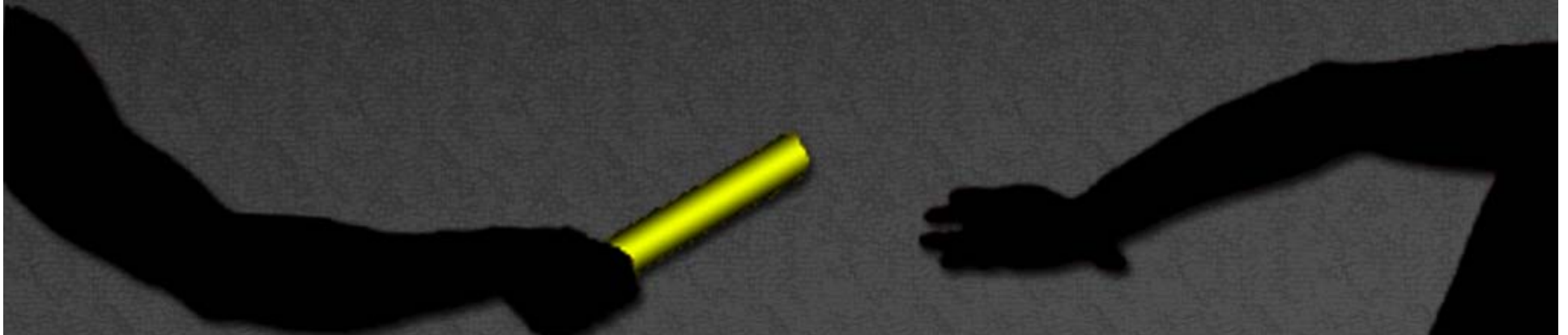
Simple Prayer

Simple prayer involves ordinary people bringing ordinary concerns to a loving and compassionate Father. There is no pretense in Simple Prayer. We do not pretend to be more holy, more pure, or more saintly than we actually are. We do not try to conceal our conflicting and contradictory motives from God—or ourselves. ...in this posture we pour out our hearts to God.”

Richard Foster

Praying Scripture

Praying Scripture allows God to direct the content of your prayer. When we pray Scripture we re-word biblical prayers, psalms, teachings and hopes to personalize them by inserting our name and/or concerns where appropriate.



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Journaling Prayer

Journaling prayer is a tool for remembering and reflecting on God's activity in and through your prayer life. In Journaling Prayer we *write out our prayers* (not a list!) in a notebook or journal as we pray. Often Journaling Prayer includes a space for the date and time when the prayer is initially prayed, as well as a space in the journal for the date and content of God's answer.

Journaling Prayer enables us to review and revisit what we have placed in God's hands, and builds our faith by allowing us to visually see His answers.

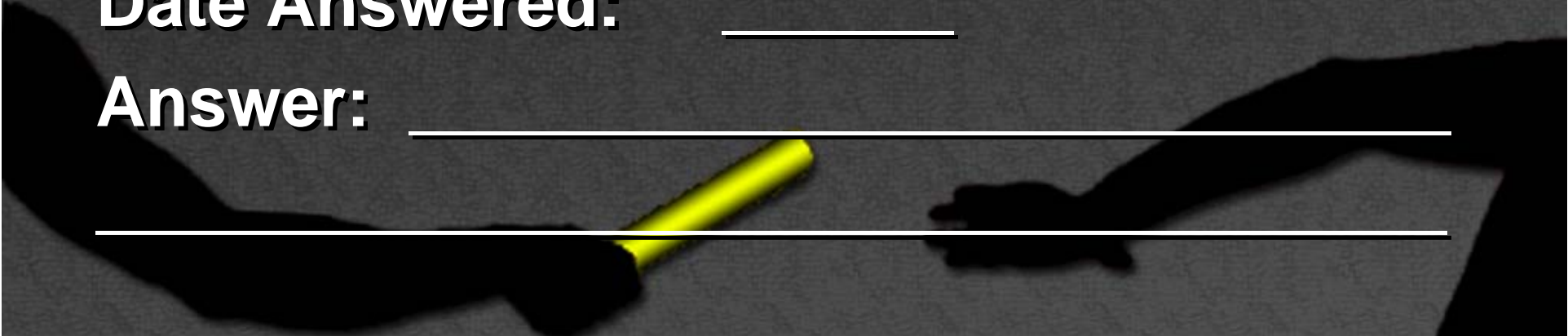
Journaling Prayer

Date Prayed: _____

Request: _____

Date Answered: _____

Answer: _____



Breath Prayer

Breath Prayer is a form of prayer linked to the rhythms of breathing:

- ~ breathe in bringing to mind the need/request you have on your heart**
 - ~ breathe out a simple, short, personally created prayer, placing your need/request in God's hands.**

**Breath prayer is often used to help quiet and settle the soul when there is an issue, concern, condition or problem that is chronic and consumes your time and attention, keeping you from being able to focus on anything else.
(family, health, etc.)**

Examples of Breath Prayers

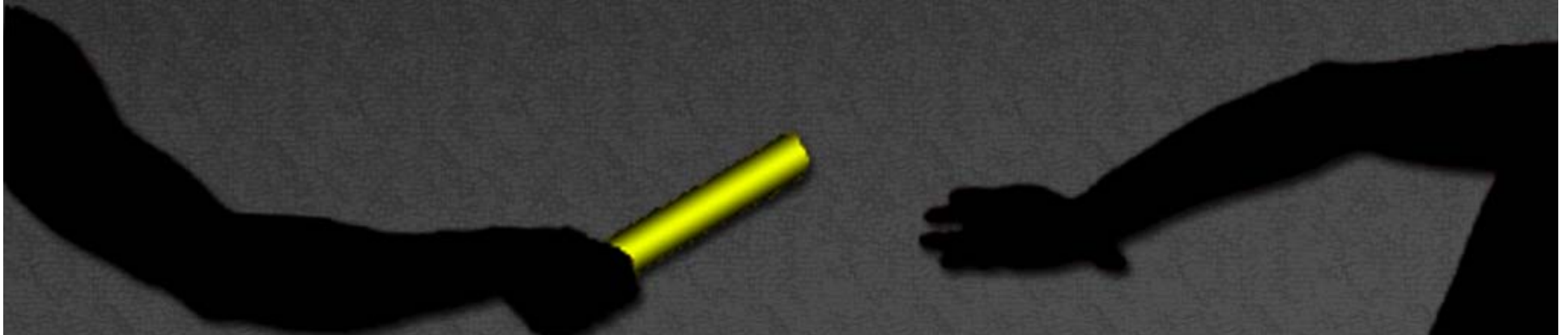
- “Father, teach me gentleness”
- “Reveal my sin, O Holy Spirit.”
- “Gracious Master, remove my fear.”
- “Lord Jesus, Help me trust your goodness.”

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Breath Prayer

*“Lord Jesus, Help me trust your
goodness.”*



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**Our Father which art in heaven, Hallowed
be thy name.**

**Thy kingdom come. Thy will be done in
earth, as it is in heaven.**

Give us this day our daily bread.

**And forgive us our debts, as we forgive
our debtors.**

**And lead us not into temptation, but
deliver us from evil: For thine is the
kingdom, and the power, and the glory,
for ever.**

Amen.

The background of the lower half of the slide features a dark grey gradient. At the bottom, there are black silhouettes of two hands, one on the left and one on the right, holding a glowing yellow scroll that runs horizontally across the center. The scroll is bright yellow with a slight gradient, giving it a three-dimensional appearance.