

Living the
Spiritual Disciplines



SD #3
Active Prayer & Journaling

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Living the Spiritual Disciplines



Awareness

We must gain **Awareness** of any circumstance to change it.

Acceptance

We must gain **Acceptance** of what we learn before we act.

Action

We must take specific **Action** to change who we are **now**.

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What is a

Spiritual

Discipline?

Activity I do consistently that builds
my relationship with God.

AND

**Better equips me to respond
to various challenges of life!**

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*Hold Up The
Mirror!*

*What is the
state of
MY
Spiritual
Discipline?*

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#1 **Meeting** Christ

Repentance & Salvation

#2 **Knowing** Christ

Study Scripture & Memorization

#3 **Talking** w/ Christ

Active Prayer & Journaling

#4 **Sacrificing** w/ Christ

Fasting & Tithing

#5 **Showing Love of** Christ

Serving Others

#6 **Sharing** Christ

Telling YOUR story with Christ

#7 **Growing in** Christ

Fellowship & Mentoring

#8 **Living w/
Christ**

Accountability

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3 Talking with Christ: *Active Prayer & Journaling*

Philippians

4:6

*“Do not be anxious about anything,
but in every situation,
by **prayer** and **petition**,
with thanksgiving,
present your requests to God.”*

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3 Talking with Christ: *Active Prayer & Journaling*

1 Thessalonians 5:16-18

*“Rejoice always, **pray** without ceasing,
give thanks in all circumstances;
for this is the will of God
in Christ Jesus for you.”*

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James 5:13-

*“Is anyone among 14 you suffering? Let him **pray**. Is anyone cheerful? Let him sing praise. Is anyone among you sick? Let him call for the elders of the church, and let them **pray** over him, anointing him with oil in the name of the Lord.”*

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James

*“Therefore, confess your sins to one another and **pray** for one another, that you may be healed.*

*The **prayer** of a righteous person has great power as it is working.”*

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3 Talking with Christ: *Active Prayer & Journaling*

The Lord's Prayer from Matthew 6:9-13

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, forever. Amen.

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3 Talking with Christ: *Active Prayer & Journaling*

A.C.T.S. - One Model of Active Prayer

A. Adoration

Offering to God an acknowledgement of who He is

C.

Confessing your sins to God & seeking Repentance

T. on

Expressing gratitude to God for His blessings

S. ng

Asking for His help regarding your perceived needs

on

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3 Talking with Christ: *Active Prayer & Journaling*

Journalin

Journaling is simply the process of recording in writing your prayers and conversations with God.

It is also advantageous to record any and all answers to prayer.

That way you can look back & see God @ work!

The Invitation



Awareness

*Am I willing to
look in the mirror
& admit to myself that
my prayer life
needs attention?*

Acceptanc

*Am I willing to commit
to improve the
quality and length of my
Prayer life with God?*

Actio

Will I

***Pray with God
for 30 minutes***

today?

The Invitation

