SD #3 Active Prayer & Journaling

Rev. Mike McMeniman

Awareness

We must gain Awareness of any circumstance to change it.

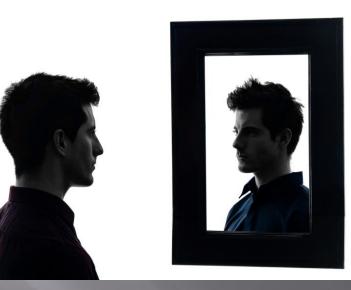
Acceptance

We must gain Acceptance of what we learn <u>before</u> we act.

Action

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

Living the Spiritual Disciplines +++++++ What is a Spiritual Activity I do <u>consistently</u> that builds my relationship with God. AND Better equips me to respond to various challenges of life!



What is the state of MY Spiritual Discipline?

Hold Up The Mirror!

#1 Meeting Christ #2 Knowing Christ #3 Talking w/ Christ #4 Sacrificing w/ Christ #5 Showing Love of Christ Serving Others **#6 Sharing Christ #7** Growing in Christ #8 Living w/ Christ

Repentance & Salvation Study Scripture & Memorization Active Prayer & Journaling Fasting & Tithing Telling YOUR story with Christ Fellowship & Mentoring Accountability

3 Talking with Christ: Active Prayer & Journaling

Philippians

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." # 3 Talking with Christ: Active Prayer & Journaling

Living the Spiritual Disciplines

<u>1 Thessalonians 5:16-18</u> "Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you." Living the Spiritual Disciplines

James 5:13-

"Is anyone among 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."

3 Talking with Christ: Active Prayer & Journaling

<u>James</u>

"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."

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.

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

Confessing your sins to God & seeking Repentance

Expressing gratitude to God for His blessings

S Asking for His help regarding your perceived needs

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3 Talking with Christ: Active Prayer & Journaling

<u>Journalin</u>

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!



Awarenes 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 <u>today</u>?

