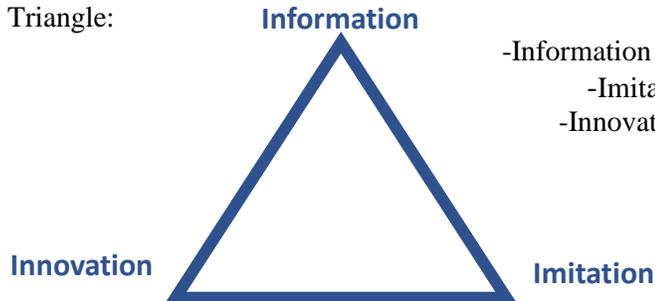


*"I have so much business, I cannot get on without spending three hours daily in prayer."
- Martin Luther*

-Mark 1:35: "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed."

-Disciple's Triangle:



-Information includes both observation and teaching
-Imitate Christ First, Christ-followers second
-Innovate on Jesus' patterns to fit our situations

Information:

-Jesus' Example in Mk 1:35
-Early in the morning
-In a quiet place
-Praying the whole time

-Jesus' Example in Luke 11:1-4

-Prayer causes us to pause from our other activities, *requires trust, confession, and it produces joy and transformation as we spend time with God.*

Imitation:

-We love originality and push against imitation in our society
-To be a disciple of Jesus means we observe, listen and *imitate*
- God in his wisdom has persevered the gospels in such a way that they are remarkably accessible despite the vast differences between 21st c. Canada and 1st c. Judea.
-Try imitating what we see above in Mk 1:35 if you need a place to start
-1 Corinthians 11:1 – Imitate me as I imitate Christ
-Try imitating a godly person who has a good rhythm of prayer

Innovation:

-Prayer is like scientific research:
You can't predict what is going to happen, but even when you get a different result than you were hoping for, there is much to learn from the process.

What are the key parts of *your* prayer plan?

-Location?

-Time?

-Be consistent! 99% of a good prayer rhythm is *being there* – you won't always feel like it, but time with God is always worth it!

-Content?

-The Lord's prayer – a prayer to *imitate* and after time begin to fill it in with personal prayer.

-ACTS: Adoration, Confession, Thanksgiving, Supplication (Phil 4:4-7)

-A prayer book from a Christian writer past or present.

-Don't forget meditation! Richard Foster says: *Meditation is the prelude to prayer*"

A tip for encouragement!

Use social media to share about answers to prayer, or share what God has said to you with family and friends. Feel free to e-mail the church too, and we can even share answers with the rest of the church family.