



HOLY HABITS

Week 4: Prayer & Meditation

» NEXTSTEP

Prayer is the *conversation* and *communion* we enjoy as we travel with God along a pathway that leads to being *consumed* and *transformed* by his love. (R. Foster, *Celebration of Discipline*)

1. Read it: Read Matthew 7:7-11. How does prayer reveal what the heart believes about God in this passage? What do your prayers reveal about what your heart believes about God? What would it look like for you to take another step in talking with your good God about His good purpose and provision in your life?

2. Try this: In his message, Dr. Oliver took the Jesus Prayer (*Lord Jesus Christ, Son of God, have mercy on me, a sinner*) and expanded and personalized it. This week, write your own Jesus Prayer and when you're done, use it as a prayer to start or end your day. For Dr. Oliver's example, go to ccfsiloam.com, scroll down to the menu and choose Resources. Then choose the resource for Holy Habits, Week 4: Prayer & Meditation.

3. Go deeper: Take a look at some of the different types of prayer and prayer postures there are and think about how you could incorporate one or more in your Holy Habit of prayer. To read more about types and posture of prayer, go to ccfsiloam.com, scroll down to the menu and choose Resources. Then choose the resource for Holy Habits, Week 4: Prayer & Meditation.