



VERITAS
CHURCH

PRAYER EQUIPPING EVENT

SESSION ONE

PRAYING HONESTLY

This session will be laying the foundation of what prayer is. Prayer is getting honest with God and talking to him. We bring our lives, emotions, stories, feelings before him and lay them bare.

BE HONEST

So often we use prayer as a place to hide from God or perform for God, but real prayer begins when we get honest before God.

PRAY WHAT YOU GOT

The place to start with prayer is to pray what you got- where you're actually struggling, what you're actually feeling.

TALK TO GOD

We often complicate prayer, but prayer at its most simple is talking to God.

PRAYER EXERCISE - HONESTY WITH GOD

Spend 20 minutes letting him know where you're at, praying what you've got.



SESSION ONE

PRAYING HONESTLY

PSALM 31:1-2, 9-13

Into Your Hand I Commit My Spirit

To the choirmaster. A Psalm of David.

31 In you, O Lord, do I take refuge;
let me never be put to shame;
in your righteousness deliver me!

2 Incline your ear to me;
rescue me speedily!

Be a rock of refuge for me,
a strong fortress to save me!

9 Be gracious to me, O Lord, for I am in
distress;
my eye is wasted from grief;
my soul and my body also.

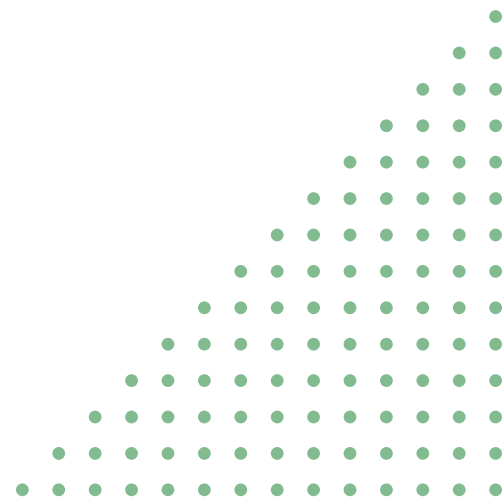
10 For my life is spent with sorrow,
and my years with sighing;
my strength fails because of my iniquity,
and my bones waste away.

11 Because of all my adversaries I have
become a reproach,
especially to my neighbors,
and an object of dread to my acquaintances;
those who see me in the street flee from
me.

12 I have been forgotten like one who is
dead;

I have become like a broken vessel.

13 For I hear the whispering of many—
terror on every side!—
as they scheme together against me,
as they plot to take my life.



Notes

Date / /



SESSION TWO

PRAYING THE WORD

READ THE WORD

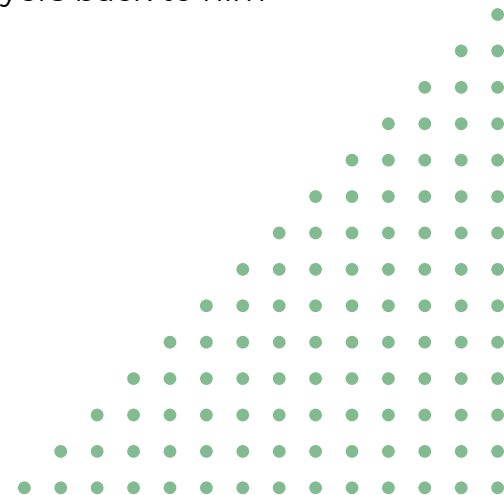
If we are going to pray the word we must first read the word (inform).

MEDITATE ON THE WORD

We cannot pray the word until we have allowed the word to have it's intended effect of reorienting us back to the truth (shape).

PRAY THE WORD BACK TO GOD

God's words to us should inform, shape, and give voice to our prayers back to him (give voice).



SESSION TWO

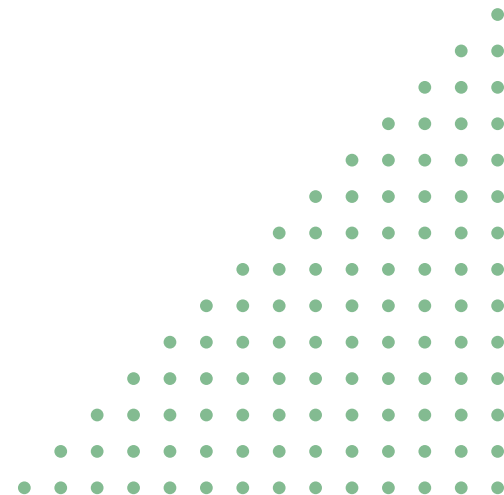
PRAYING THE WORD

PRACTICAL STEPS FROM BETH MOORE

1. Restate God's truth, affirming your faith (v.3-8)
2. Talk to God about passages/things you don't understand (v.12-13)
3. Ask God for what you need (v.1-2;14-17; 22)
4. Confess sin and ask God to change your life (v.9-16)
5. Praise God with your paraphrase of the words of Scripture (v.19-21)

PRAYER EXERCISE - PRAY THE WORD

Read John 15:1-11, then using the Practical Steps for Praying the Word from Beth More spend the remainder of your time praying through the passage.

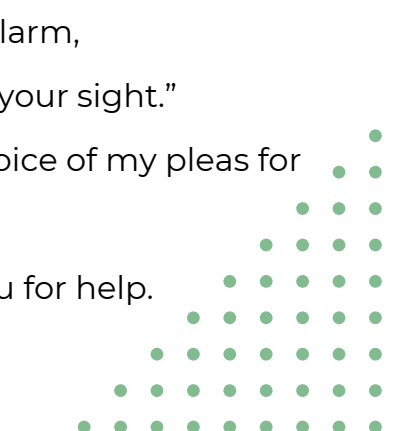


SESSION TWO

PSALM 31:3-8, 14-22

3 For you are my rock and my fortress;
and for your name's sake you lead me and
guide me;
4 you take me out of the net they have
hidden for me,
for you are my refuge.
5 Into your hand I commit my spirit;
you have redeemed me, O Lord, faithful
God.
6 I hate those who pay regard to worthless
idols,
but I trust in the Lord.
7 I will rejoice and be glad in your steadfast
love,
because you have seen my affliction;
you have known the distress of my soul,
8 and you have not delivered me into the
hand of the enemy;
you have set my feet in a broad place.
14 But I trust in you, O Lord;
I say, "You are my God."
15 My times are in your hand;
rescue me from the hand of my enemies
and from my persecutors!
16 Make your face shine on your servant;
save me in your steadfast love!
17 O Lord, let me not be put to shame,
for I call upon you;

let the wicked be put to shame;
let them go silently to Sheol.
18 Let the lying lips be mute,
which speak insolently against the
righteous
in pride and contempt.
19 Oh, how abundant is your goodness,
which you have stored up for those who
fear you
and worked for those who take refuge in
you,
in the sight of the children of mankind!
20 In the cover of your presence you hide
them
from the plots of men;
you store them in your shelter
from the strife of tongues.
21 Blessed be the Lord,
for he has wondrously shown his steadfast
love to me
when I was in a besieged city.
22 I had said in my alarm,
"I am cut off from your sight."
But you heard the voice of my pleas for
mercy
when I cried to you for help.



SESSION THREE

PRAYING THE WORD IN COMMUNITY

PRAY WITH OTHERS

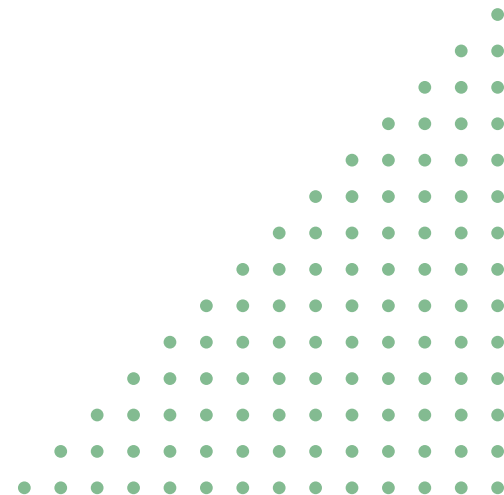
We are the body of Christ, and we need each other's prayers.

PRAY FOR OTHERS

As the body of Christ, if one part of the body is struggling, we all bear responsibility to help through prayer.

PRAYER EXERCISE - PRAY TOGETHER

Gather in a group to pray with and for one another.



SESSION THREE

PRAYING THE WORD IN COMMUNITY

PSALM 31:23-24

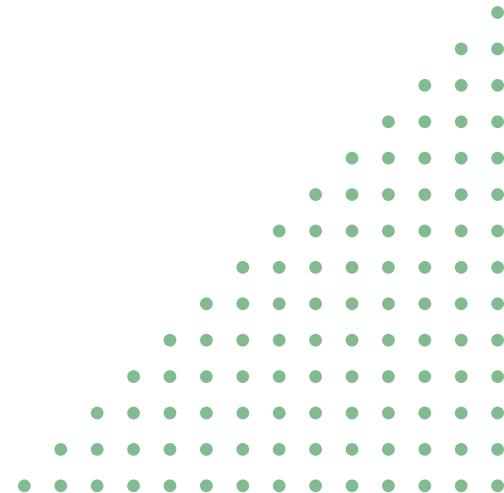
23 Love the Lord, all you his saints!

The Lord preserves the faithful

but abundantly repays the one who acts in pride.

24 Be strong, and let your heart take courage,

all you who wait for the Lord!



Notes

Date / /



RECOMMENDED RESOURCES

Blog - Tips for Praying the Word | Desiring God

Blog - How Do We Pray God's Word? | Beth Moore

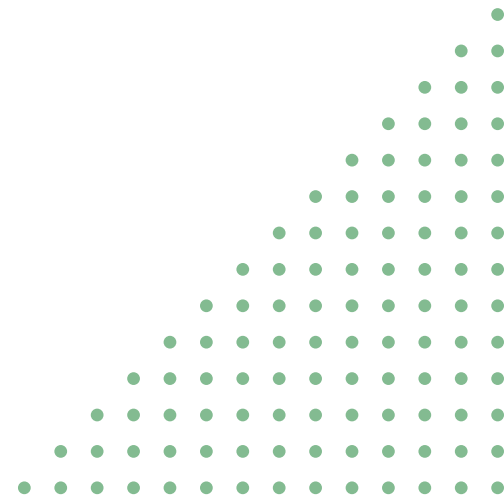
Book - Sacred Rhythms: Arranging Our Lives for Spiritual Transformation by Ruth Haley Barton

Book - Pray the Bible by Donald Whitney

Book - Prayer by Tim Keller

Book - Where Prayer Gets Real by Kyle Strobel and John Coe

Book - A Praying Life by Paul Miller



EQUIPPING EVENTS

Equipping events are one-day events that serve to equip the partners/attenders of Veritas in the areas of Christian story, Christian belief, and Christian formation. They will primarily run on a Spring, Summer, and Fall track. Our hope for these events are that you leave equipped with a deeper understanding of God's truth, greater formation into the image of Jesus, and an increased desire to live into the story of Jesus!

For more information and resources, visit www.veritasfayetteville.com
or email life@veritasfayetteville.com

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