



# re•mark•able

IDENTIFIED AS EXTRAORDINARY

## WORSHIP RESOURCE | WEEK 4

**Theme** | A Methodist Prays Constantly

**Overall Series Scripture** | Luke 5:26, New Revised Standard Version

**Scripture** | 1 Timothy 2:1-4, Common English Bible

**Sermon Title** | Remarkable | A Methodist Prays Constantly

**Desired Outcome** | Congregants will take another step in their practice of prayer

### Sermon Building Key Points

- Prayer isn't limited to the pastor or a few gifted people
- Prayer is something all of us are called to do
- John Wesley believed prayer was as necessary to our spiritual life as oxygen and food are to the physical body
- Without prayer, we starve our relationship with God
- Prayer is one of the remarkable attributes that distinguishes a person as a follower of Christ
- Dallas Willard "The more we pray, the more we think to pray."
- Prayer is conversation with God
- It is something we do alone or with others
- We can pray anywhere, at any time
- Prayer is speaking and listening
- We hear God by: praying through scripture, being attentive to the Holy Spirit at work in our lives (Romans 8:26-27), and through the regular, daily practice of prayer
- C.S. Lewis "I pray because I can't help myself. I pray because I'm helpless. I pray because the need flows out of me all the time, waking and sleeping. It doesn't change God. It changes me."
- We pray to align our hearts with God
- 17th Century Monk Brother Lawrence prayed while doing daily tasks
- The practice of praying continually combines regular set patterns of prayer and a spontaneous awareness of God's presence
- The common thread among the "marks" is none are dependent on circumstances
- These are things we do regardless of what's going on in our lives

[ Continued on Page 2 ]



[ Continued from Page 1 ]

## WORSHIP RESOURCE | WEEK 4

### Sermon Building Key Points [ Continued ]

- Ety Hillesum prayer from Auschwitz Concentration Camp during World War II  
"You have made me so rich, oh God, please let me share out Your beauty with open hands. My life has become an uninterrupted dialogue with You, oh God, one great dialogue. Sometimes when I stand in some corner of the camp, my feet planted on Your earth, my eyes raised toward Your Heaven, tears sometimes run down my face, tears of deep emotion and gratitude. At night, too, when I lie in bed and rest in You, oh God, tears of gratitude run down my face, and that is my prayer."
- Expand your practice of prayer
- Set a regular time to pray daily but also recognize God's presence throughout the day
- Try a different posture or place for prayer
- Use printed prayer resources
- Feed your relationship with God through prayer
- Anne Lamott's three essential prayers "Help! Thanks! Wow!"
- Bishop Rueben Job "Prayer is not meant to be complicated, complex, and left to professionals. Prayer is for all of us. It is simply offering the fears, needs, hopes, longings, and questions of our minds and hearts to God as honestly, earnestly, and accurately as we can....It is God's seeking love and invitation that awaken within us the desire, courage, and need to pray."
- Call to Action: take another step in your practice of prayer this week knowing that prayer nourishes your relationship with God

### Prayer for the Week

Dear God, help me to see you more clearly, to love you more dearly to follow you more nearly, day by day. Amen.

Prayer Source: Adapted from a prayer by Saint Richard of Chichester

[ Continued on Page 3 ]



re•mark•able  
IDENTIFIED AS EXTRAORDINARY

[ Continued from Page 2 ]

## WORSHIP RESOURCE | WEEK 4

### Daily Readings for Week 4

MON • Luke 11:1-13

TUE • Matthew 7:7-11

WED • Luke 18:1-8

THU • Philippians 4:4-7

FRI • John 15:1-15

SAT • Psalm 23

### Music Recommendations

#### Contemporary

- When Mercy Found Me | by Rhett Walker Band
- I Love Your Presence | by Vineyard
- All I Need is You | by Hillsong
- Jeremiah | by Sara Groves
- What a Friend I've Found | by Delirious
- Your Grace is Enough | by Matt Maher

#### Blended

- Every Time I Feel the Spirit | UMH 404
- A Charge to Keep I Have | UMH 413
- Come and Find the Quiet Center | The Faith We Sing | 2128
- Spirit Song | UMH 347
- Seek Ye First | UMH 405

### Suggested Video

- What is Prayer? | by RightNow Media