

Give Us This Day **Prayer Practice | Week 4**

Petition

'There seems to be a correlation between the flowery and formal language of our prayers and our asking God for immaterial, ethereal things. But when the language we use in our prayers stays grounded, our prayers tend to stay grounded too. The example of what to ask for that Jesus uses when he teaches his disciples to pray is bread — which means that God intimately acquaints and involves himself with the normal and most basic details of our life. There is nothing too ordinary in our life to ask God about — parking spaces, our next meal, a job promotion, a good grade, or relationship help. Jesus unmistakably rips prayer out of the sacred, stained-glass, ornate walls of the Temple and places it in the commonness of everyday life, which is likely another reason Jesus also said that we have to become like children if we are going to receive the Kingdom.

If you pray for only big things, exclusively limiting your conversation with God to the objectively noble requests, you live a cramped spiritual life, with little room for the actual God we meet in Jesus. The kind of prayer Jesus had in mind roots us in gratitude instead of control, and moves us deeper into an empowering relationship with God. This week, we want to practice stepping deeper into this empowering relationship with God by praying in a way that wages war on control and plants seeds of gratitude in our soul.'

1. Each day this week, as you begin your day and perhaps throughout your day, let the things on your heart rise to the surface, then, one by one, begin to pray and ask God for the needs that arise. It doesn't need to be flowery or formal or long, but could sound as simple as, "God, would you help me on my test this Friday." or "Jesus, help me figure out when to call and check in on my brother this week." or "My week feels really full and I know that I'll need a moment to rest

sometime. Can you give me time to do that?" or "God, I don't know how I'm going to pay rent this month. Could you please make a way?"

2. As you let your requests be made known to God, go back to the opening lines of the Lord's Prayer and pray each line while you consider the specific things you're asking God for...

'Our Father in Heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread.'

3. As you end each day, take a moment by praying out loud in gratitude to God, believing as best you can that he heard each prayer and longs to respond to you.