

Teach Us to Pray Prayer Practice | Week 1

Just Show Up

One of the most notable parts of Jesus' rhythm of life is how often He prays. Therefore, it's no surprise that the disciples discovering Him praying and then decide to ask Him, "Lord, teach us to pray." In Jesus' response, He assumes that prayer is a regular rhythm in their lives as well when He says, "When you pray, say this" (Luke 11). It was very normal in the life of the Jewish people to pray morning, midday, and evening. It would be common for them to intentionally set aside time in those rhythms to pray. Jesus is simply invading that intentional rhythm and reframing their understanding of the powerful and beautiful invitation that is within it. He does so by showing them something of the nature of His own prayer life and intimacy with the Father through the Spirit. Perhaps one of the starting points in developing a stronger and more intentional prayer life is to simply show up to the presence of the Father and embrace His invitation to come to Him often. Prayer is a bit of a beautiful mystery as we (the created ones) are invited to come freely and boldly to the throne of God (the Creator) like beloved sons and daughters in Jesus Christ and sealed with His Spirit.

Many of us know both the necessity and the power of prayer theological and theoretically, but Jesus is showing us the wonderful invitation to know it experientially, practically, spiritually... perhaps even supernaturally by simply being present with God, by just showing up (and praying what He teaches us to pray).

Regardless of where you stand in relationship to prayer...considered a seasoned prayer warrior by those who know you best or consider yourself a beginner who has wrestled to know if prayer works and if God really listens. Would you take time this week and just show up? What if you took time each morning or midday or evening (or all three) and simply prayed Jesus' words in Matthew 6 (you may just be surprised to find God is delighted to join you):

***"Our Father in heaven,
hallowed be your name.
Your kingdom come,
your will be done,
on earth as it is in heave
Give us this day our daily bread,
and forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from evil.
For yours is the kingdom and the power
and the glory forever and ever, amen."***