

## January Spiritual Discipline of the Month:

### Prayer

**Prayer.** It's something that can radically transform our lives, and yet, it is simply conversation between us and God: talking and listening. When we pray we acknowledge our need for God's power and presence in our lives and the possibilities God offers. Prayer changes, transforms, heals, restores, and deepens our relationship with God and it only requires faith as small as a mustard seed.

*"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." - 1 Thessalonians 5:16-18 (TNIV)*

### Practical suggestions / Challenge for the month.

- ✓ Dedicate time to prayer each day, asking God for guidance throughout the day and for the strength to carry it out.
- ✓ During the "One Prayer" sermon series, pray the prayer that was given to you during Sunday morning worship each day. Just imagine what would happen if for an entire week, everyone at each campus was focused on a *single prayer*?
- ✓ Stop by for Monday night prayer in the month of January, anytime between 7 & 9pm. Visit each prayer station. Pray and reflect at your own pace & time.
- ✓ Do you know someone who needs healing (physical, spiritual, emotional, mental, etc)? Pray for them!

## Other Things to Remember:

1. It's not always easy to incorporate new disciplines into your life.
2. Look at your calendar and pick a time for each day that will work with your life.
3. If you miss a day or two, just acknowledge it and begin again.
4. Partner with someone and help keep each other accountable.
5. It's not about perfection, it's about practice.
6. If you get stuck on something or if you don't understand something, ask for help.
7. Record your progress - start a spiritual journal.
8. Have fun!

**Helpful Hints:** Keep a prayer journal. Begin by writing the top 5 prayers of your heart and add new prayers as they come up during the month. Record answered prayers.

If you have any questions, want other suggestions, or would like to share your prayer experience, contact us at (302) 378-7692 or [connect@connectioncc.org](mailto:connect@connectioncc.org).

For more information on the practice of Spiritual Disciplines, refer to "*The Celebration of Discipline*," by Robert Foster.