

**Prayer Training for the Rest of Us (Part 5)  
(The Lord's Prayer)**

"How to Have a Heart-shaping, Living Encounter with God in Prayer"  
Ephesians 3:14-21

**How to Have a Heart-shaping, Living Encounter with God in Prayer**

Paul is offering the access \_\_\_\_\_ for the transfer from my head to my heart.

They know Christ loves them. But he wants them to experience Christ's \_\_\_\_\_.

1. Receive the \_\_\_\_\_ of Christ through faith.  
John 3:16; Romans 6:23; 2 Corinthians 5:21

2. Seize the love of Christ through \_\_\_\_\_.

"The verb Paul chooses for "grasp" is a more colorful way of expressing the idea of knowing or comprehending something. In its literal sense, the verb was used for the Israelites capturing a city or an enemy army during the conquest." (Clinton E. Arnold)

Contemplative prayer is all about seizing hold of God and his love and the riches we have in him so that it penetrates our hearts and \_\_\_\_\_ our senses.

First Clue: \_\_\_\_\_ Imagining

Some things of God can only be contemplated. That means you don't always just move on in prayer. Sometimes you stop, and, in silent imagination informed by Scripture, you \_\_\_\_\_ with the words, picturing what is being described.

Second Clue: Practice your most natural "Sacred \_\_\_\_\_."

A sacred pathway is the way a person most naturally connects to \_\_\_\_\_.

Sacred Pathways: Relational (Peter); Intellectual (Paul); Worship (David); Activist (Nehemiah); Contemplative (2 Mary's); Service (Dorcas); Creation (Jesus)

**PRAYER TRACKER (WEEK OF JUNE 7-13)**

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**Personal Reflection & Small Group Questions**

Please complete this study on your own, then bring it to your small group for discussion.

1. Read Ephesians 3:14-21 slowly and meditatively. Reflect on the character of the God who would inspire Paul to write this prayer.

2. Watch Session 6 ("Contemplation") of The Prayer Course ([www.prayercourse.org](http://www.prayercourse.org)). What important lessons have you learned about contemplative prayer from the sermon and the video session?

3. What is your preferred sacred pathway and how can you leverage it to have heart-shaping, living encounters with God in prayer?

Prayer Toolshed:

- Prayer Tool - [How to Take a One Day Retreat](https://bit.ly/3d37KL4) - <https://bit.ly/3d37KL4>
- Download all previous Prayer Tools here: <https://bit.ly/2XFbnCy>