

MyFriends 02: Pray with Lifestyle Practice

START COURSE

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Welcome to **MyFriends**.

This course material is designed to be used with your facilitated course. Use it on your device in your session. A printable version of this module is also available in the Resources section.

This second module is about prayer and the incredible power of praying to a holy God.

The key objectives are:

- Jesus modelled a life of prayer that is dependent on the Father and we must follow the same pattern as we seek to live like Him
- There can be no disciplemaking movement before there is a prayer movement.
- Jesus sought the Lord for wisdom on missional alliance and strategy.

Pray - Jesus' Prayer Life

Jesus modelled a life of prayer that is dependent on the Father and we must follow the same pattern as we seek to live like Him.

Jesus Prayer life

What do you discover about Jesus through these passages?

- **Mark 1:32-35**
- **Luke 5:15-16**
- **Luke 6:12-13**
- **Luke 22:39-44**
- **Luke 23:46**
- **John 8:25-29**

Take time to reflect on what you can learn about Jesus' prayer life.

1. What is the role of prayer in Jesus' life?
2. What is your current prayer practice?
3. What are some different elements that you can add into your prayer times to help enrich your spiritual life?

Of all the possible things to ask, the Bible states that one of the most important requests the disciples had for Jesus was "teach us to pray" (Luke 11:1). Why do you think they asked him that? How do you think Jesus' prayer life was different to what the disciples had already learned in the synagogue?

Praying for Our Relational Networks

No movement has been started or sustained without focused, faithful, and fervent prayer.

Intentional Prayer

You can be intentional in prayer by praying specifically for:



People - pray for people by individual name and with them when possible.

Places - Think about the places where you do life - work, study, play, and wherever else you may go (shops, sports clubs, places you visit). As you are at these places, walk around and

ask God to show you what He sees for the people in that place.

Peace - Pray for God's peace to settle the hearts of those who are striving so hard to find meaning.

Jesus' Kingdom - Pray for the values of the Kingdom to be experienced in that person or place.

The Power of Prayer

In this short video, Anton talks about how a discussion with Ryan, a MyFriends Facilitator, led to him praying specifically for the people and places in which he is doing life.

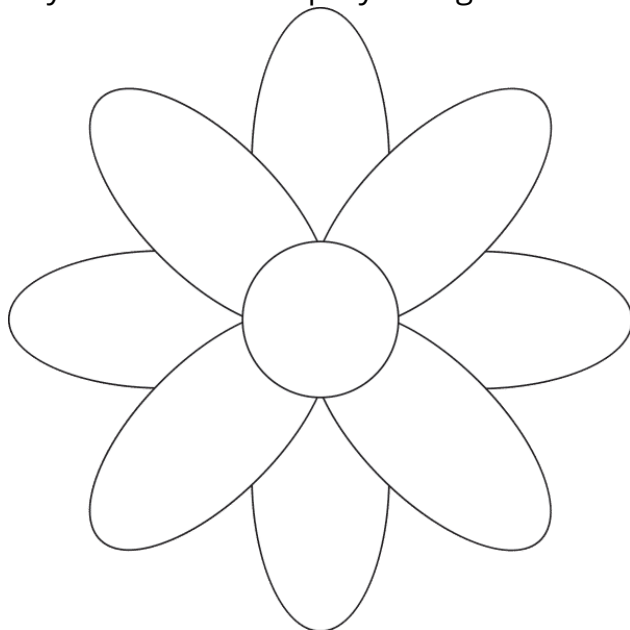
Recognising Where God is at Work

Jesus often took time out to seek the Father's will as He decided where and with whom to spend time with. Prioritising time with the Father in prayer is essential for aligning ourselves with His purposes and plans for people in our social circles.

Take a few minutes to seek the Father's heart for your life.

Challenge

Go back to your daisy chain and ask the Holy Spirit **who** to pray for daily over the next few weeks, put a reminder on your phone, share with the person next to you one name to pray for right now!



Underline the names on your Daisy Chain that God puts on your heart to pray for.

“Father, give me your heart, lead me by your Spirit, use me where you have sent me and with who you have shown me today.”

Lifestyle Practice



Look Back



"The promise is for you and your children and for all who are far off - for all whom the Lord our God will call." - Acts 2:39

Consider Jesus' principles of love and mission (as summarised on the **MyFriends disc**) and your **daisy chain** as you reflect on these questions.



Reflection Questions

1. How have you experienced God at work in and through your life this week?
2. What did you learn about God, yourself, or others this week?



Look Up

Read John 16:13-14

"But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. He will glorify me because it is from me that he will receive what he will make known to you. "

When God speaks it will be in line with His nature and character as revealed in the Scriptures and the life of Jesus. It will be from love (1 Cor 13), with truth and bring about the fruits of God's Spirit (Gal 5:22). The way we speak should reflect the way God speaks.

- What are some ways that God speaks to us? What have you experienced?
- Pray for a person on your MyFriends course and ask God, what He may want to say to encourage, strengthen or comfort them (1 Cor 14:3). This might be through one of the ways mentioned above.
- Go back to your daisy and ask Jesus who to focus on in daily prayer, practical care, and love over the next month. When a name stands out to you, circle it. You can pray, **"How do you see them Father? What do you want to say to them or do for them?"** If an idea, Scripture, picture, or

practical action comes to mind for someone on your daisy, write that next to their name.



Look Forward

- What is the Holy Spirit prompting you to do in developing a lifestyle of love and mission? Is the Holy Spirit prompting you to do something specific with a person on your daisy chain?
- What practical next steps do you need to take? Share this step with the group and ask someone to pray for you as you take this step in the power of the Holy Spirit.