



# Digging Deeper

[Engage the message throughout the week]

## Monday: 10.17.2011

**Prayer Focus:** Prayer of Contemplation

**Passage:** Psalm 27

**Insight:** *The prayer of contemplation brings us into God's presence. As David says, it's about seeking God's face. We contemplate who God is and silence ourselves before Him. In our busy world, it's hard to be still and silent. But this is a great way to shift our focus back to what matters most. It stabilizes us in Him among all the instabilities of life.*

**Questions for consideration:**

*What do you see when you take time to "gaze upon the beauty of the Lord" (v. 4)?*

*What challenges do you face in waiting for the Lord?*

## Tuesday: 10.18.2011

**Prayer Focus:** Prayer of Adoration

**Passage:** Psalm 66

**Insight:** *The prayer of adoration is about praising God for who He is and what He has done. It's a great way to get our minds off ourselves. Just like any other relationship, we can grow closer to God when we take time to consider what we love about Him. Today, tell Him what that is.*

**Questions for consideration:**

*What awesome deeds has God done in your life?*

*What characteristics of God are special to you that you can praise Him for today?*

## Wednesday: 10.19.2011

**Prayer Focus:** Prayer of Meditation

**Passage:** John 15:9-12

**Insight:** *The prayer of meditation helps us focus on God by internalizing Scripture. Today's passage is intentionally short so it's easier to remember and zero in on what's being said. Here Jesus is talking to His disciples (and us) about the heart of being in relationship with Him. Read these verses several times to really get a feel for Jesus' words.*

**Questions for consideration:**

*What words stand out to you as you re-read these verses?*

*Continue to reflect on these words throughout the day. What is God communicating to you through them?*

## Thursday: 10.20.2011

**Prayer Focus:** Sacramental Prayer

**Passage:** Matthew 6:5-15

**Insight:** *Prayer can take many forms from formal to informal. Each of us pray differently based on our upbringings, our personalities, and our relationships with God. What matters most is not the style of our prayers, but the sincerity of our prayers. The Lord's Prayer in today's passage is one that is formally recited in many church traditions. For some of us, it may seem a little rigid. But our goal today is to see that there is value in more structured prayer as long as we recognize the meaning behind it.*

**Questions for consideration:**

*What expression of God do you see through the familiar words of the Lord's Prayer?*

*How might you pray this prayer in your own words?*

## Friday: 10.21.2011

**Prayer Focus:** Our church worship services (10/23)

**Passage:** James 5:13-20

**Insight:** *As we prepare for Sunday, we turn our attention toward outward prayer. When we have examined ourselves and drawn closer to God, we become the most effective in our prayers for others. James paints a clear picture of prayer as the natural response to all things in the Christian life, especially as we relate to one another.*

**Questions for consideration:**

*How does James describe the prayer of the righteous (a person who is in relationship with God)?*

*Do you tend to view your prayers this way?*

*What does the example of Elijah tell us about the power of prayer?*

*How do you think the comment about turning a sinner from his way (v. 20) is related to prayer?*