

"PRAYING WITHOUT CEASING"
Sermon Questions for *The Path*

What do you think Paul meant by "pray without ceasing"? Read 1 Thessalonians 5:16-18. How do other translations translate this phrase?

Do you have a favorite time to pray? What is the setting? Why does this place help you to enter a time of reflective prayer?

What are the things that distract you during prayer (think of as many as you can)? How do you deal with these distractions?

Have you ever prayed for someone as you were talking with them? How can this become a more common practice?

Brother Lawrence was a monk who worked in the kitchen of a monastery. In the classic, "Practice of the Presence of God," he says that he learned to be in the presence of God whether he was working in the garden, washing the dishes in the kitchen or spending time in prayer in the chapel. What would it take to be constantly in the presence of God?

In what times and ways could you practice "Flash Prayer"? What prayer reminders might you use?

Discuss the Breath Prayer. Ask if members of the group have a Breath Prayer that can be said in one breath. If not, go through the steps to discover their own breath prayer.

1. Sit in a comfortable position. Recall God's loving Presence.
2. With your eyes closed, imagine that God is calling you by name. Hear God asking, "*(Your name)*, what do you want?"
3. Answer God with whatever comes directly from your heart. Listen for a single word – forgiveness, peace, love, joy, etc. or a short phrase or brief sentence – "I want to feel Your love."
4. Choose your favorite name for God: Father, Teacher, Jesus, Holy Spirit, Lord, Creator.
5. Combine your name for God with your answer to God's question, "What do you want?" So put it all together: (What I want) + (Name I call God) + (Possible prayer) = Breath Prayer.