

FREEDOM JESUS

PRAYER PROMPTS

INTRODUCTION

Lent is a time of preparation and reflection. Use this time to learn how to pray or to learn new, intentional ways to be prayerful in your life and pray with others.

The past few years have been challenging to say the least. Feeling isolated or struggling to make connections is a very real but very painful reality of living through a global pandemic. But as we at Bethlehem continue to work toward the idea of Becoming Together we're finding new and different ways to connect.

During Lent check in with your Prayer Partner once a week asking: how can I pray for you in the coming days? Share those prayer requests and feel free to use the prompts listed below to foster conversation.

WEEK 1: JESUS AS FRIEND

Some early education teachers help children recall the events and emotions of their day by sharing a rose (joy), a thorn (frustration), and a bud (anticipation). Try this with your Prayer Partner and see what wants to be named aloud in the love and safe-keeping of a friend.

WEEK 2: JESUS AS TEACHER

There are a lot of right ways to pray. Here are five categories to guide your prayer life this week: Praise, Confession, Lament, Request, and Thanksgiving. Your prayer can include any combination of these faithful ingredients. Jesus prays with all five and so do the Psalms. Share 1 prayer from each of these five categories with your Prayer Partner.

WEEK 3: JESUS AS SAVIOR

Jesus is the bread of life. When Jesus invites us to the table to share and eat with him he is offering us both food and salvation. When we take communion we are sharing a meal of Jesus with Jesus. Connect with your prayer partner this week while you're cooking or eating. Share a meal (even if it's virtually) and talk about the ways you nourish your body physically and spiritually.

WEEK 4: JESUS AS LORD

Make a list of the things that make you feel anxious, out of control, angry, or afraid. And keep a list of that which gives you peace, assurance, joy, and hope. Share 3 things that make you anxious/afraid with your partner, and 3 things that bring you peace or joy. Ask God to guide your partner's attention and energy concerning these things.

WEEK 5: JESUS AS WAY

Go for a walk while you pray for your Prayer Partner this week. You can go for a walk with your Prayer Partner, talk to them on the phone while you walk, or pray intentionally while walking and share some thoughts about the experience with your partner afterwards.

WEEK 6: JESUS AS PRESENCE

The Psalms are both prayers and songs. Music and prayer are both a powerful expression of emotions, desires, hopes, and concerns. Choose a song or two that you want use as a prayer and share them with your partner. These don't need to be hymns, you can choose any song that expresses a emotion, feeling, or experience that you'd like to sing to God.