

Recommended reads from Cross Winds friends:

Too Busy Not to Pray: Slowing Down to Be with God
by Bill Hybels

Jesus Calling
by Sarah Young

Fresh Wind, Fresh Fire: What Happens When God's Spirit Invades the Hearts of His People
by Jim Cymbala

Guerrillas of Grace: Prayers for the Battle
by Ted Loder

Understanding the Purpose and Power of Prayer
by Myles Munroe

Adventures in Prayer
by Catherine Marshall

To Bless the Space Between Us: A Book of Blessings
by John O'Donohue

Websites to explore:

- ♦ prayer-center.upperroom.org
- ♦ focusonthefamily.com/faith/becoming-a-christian/developing-a-life-of-prayer
- ♦ thoughts-about-god.com/prayer
- ♦ biblestudyplanet.com/category/prayer/
- ♦ ibelieve.com/devotionals/your-daily-prayer/

Devote yourselves to prayer, being watchful and thankful. Colossians 4:2a

Prayer...

Resources,
activities and tips
on how to become more prayerful

Dear God,
Make us a house of prayer!
We want to pray first, always, and continually with thanks.
Transform us into righteous men and women whose
prayers are powerful and effective.
Amen

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. Ephesians 6:18



Cross Winds
United Methodist Church

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11.1.16

John Wesley On Prayer

God's command to "pray without ceasing" is founded on the necessity we have of his grace to preserve the life of God in the soul, which can no more subsist one moment without it, than the body can without air.

Whether we think of; or speak to, God, whether we act or suffer for him, all is prayer, when we have no other object than his love, and the desire of pleasing him.

All that a Christian does, even in eating and sleeping, is prayer, when it is done in simplicity, according to the order of God, without either adding to or diminishing from it by his own choice.

Prayer continues in the desire of the heart, though the understanding be employed on outward things. In souls filled with love, the desire to please God is a *continual prayer*.

From A Plain Account of Christian Perfection, as believed and taught by the Reverend Mr. John Wesley, from the year 1725, to the year 1777.

Jesus Prayed

Luke 6:12: One of those days Jesus went out to a mountainside to pray, and spent the night praying to God.

Matthew 26:36: Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray."

John 17:1: After Jesus said this, he looked toward heaven and prayed: "Father, the hour has come. Glorify your Son, that your Son may glorify you."

Mark 1: 35: Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Growing & Expanding When, Where & How to Pray . . .

at home . . .

- Upon receiving the monthly Compass newsletter, pray over the upcoming events, worship services, meetings and for the leadership of Cross Winds
- Schedule prayer into your daily calendar using phone or computer alarm reminders
- For prayer at meals, have each person share one thing they are grateful for
- Start a prayer journal - record prayer requests and prayers answered
- Read a book on prayer or use a daily devotional (see resources on back)

at Cross Winds . . .

- Visit the Children's Prayer Wall at the entrance of the Cross Winds Children's area downstairs. Read a card, pray, and place a sticker on the card to show you prayed
- Join the Prayer Chain or submit a prayer request at crosswindslife.org > Church Life > Request Prayer
- Prayer Walk through and around Cross Winds, praying for people and ministries you notice
- Join Shalom, a small group that meets Sunday evenings to practice meditative movement and centering prayer by contacting Cindy Vollmer vollmer.c.s@gmail.com or Kate Biederman Kbiederman@refindbalance.com
- Make notes of prayer requests during services and hold in prayer during the week
- Participate in healing prayer after worship services on Communion Sundays

in the community . . .

- Join a Moms in Prayer Group at momsinprayer.org
- Walk the Labyrinth at Maple Grove Central Park
- Stop and pray when encountering emergency vehicles responding to a situation
- Prayer walk your neighborhood, school or work place
- Pray God's blessing on every church, hospital and police station you pass by

