



2: prayer in the scriptures

resource

In the spring of 2018, St Mark's produced a resource on the Lord's Prayer, which is an introduction to the prayer itself, and an in-depth look at each individual petition of the prayer.

journaling

For the purposes of this course, we are suggesting that you make an effort to journal at least a few words, once a day. Journaling provides a hint of accountability, a reminder to pray, and a space for some reflection on the prayer experience.

practice: praying with the psalms

It's a truly amazing thing that not only are the psalms a tool of prayer, but they were one of the tools of prayer that Jesus used in his prayer life. You are invited to pray with the psalms for approximately 10 minutes a day. You may choose your favorites, but you could also choose to use a lectionary. Using a lectionary is a way of ensuring that we don't just use parts of scripture that we intrinsically gravitate towards, but allow it to challenge us. You could choose to focus on each verse, each word, or allow your mind to wander while reading the words "in the background" of your mind. "Getting something out of" the psalm isn't the point here, it's the spending time with God.