

“Lord, teach us to pray...” (Luke 11)

Lent 2010



The Prayer Experiment 2010

The most amazing aspect of the life of Jesus' disciples occurs in the 11th chapter of the Gospel of St. Luke. Jesus gathers his friends around him. They have seen the miracles, the teaching, the power of demons. Yet, when given an opportunity to ask Him to teach them something, they ask for only one thing: "Lord, teach us to pray."

Prayer is at the heart of the Christian experience. It is also the most elusive, difficult and potentially powerful assignment - to learn how to pray.

The Prayer Experiment, a tradition at Christ Church, has convinced many of the power of prayer, launching them on their Christian journey in prayer. We invite you to use this Prayer Experiment for the forty days of Lent and experience for yourself that the Lord does indeed hear and answer our prayers.

Spend 10 minutes each day in a quiet place, free from distractions and interruptions.

1. Each time, confess your sins and wholeheartedly commit yourself to God.

2. Each time, thank the Lord for all the blessings of your life, especially mentioning three things for which you are thankful. Be specific.

a. _____

b. _____

c. _____

3. Each time, bring before the Lord those issues in your life that need focus, attention, or guidance. Be specific. Imagine that the Lord is as concerned about each of them as you are. Thank the Lord for His answer, whatever it may be.

a. _____

b. _____

c. _____

4. Conclude by praying The Lord's Prayer out loud.