

Worksheet 1 – Learning to Live Freely and Lightly

The aim of this exercise is to spend some time over the next day or so thinking about your current understanding of prayer and your relationship with God. See if you can set some time aside to do this exercise and to fill in the worksheet. It will be a good benchmark at the start of the Discovering Prayer Course.

Whatever you discover, there is one golden rule: “there is no condemnation”. You are a child of God, and God speaks to you tenderly, sometimes urging you on, but never condemning you. Make your mind up that whatever you do or don’t learn about prayer from this exercise that you will be kind to yourself. Beating yourself up will not help you progress!

Awareness Exercise

1. Start by asking for God’s help as you embark on a journey of deepening your walk with God and your experience of prayer.
2. Spend a few moments slowly saying this piece of scripture to yourself. Read it through two or three times:

Jesus resumed talking to the people, but now tenderly. “The Father has given me all these things to do and say. This is a unique Father-Son operation, coming out of Father and Son intimacies and knowledge. No one knows the Son the way the Father does, nor the Father the way the Son does. But I’m not keeping it to myself; I’m ready to go over it line by line with anyone willing to listen.

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

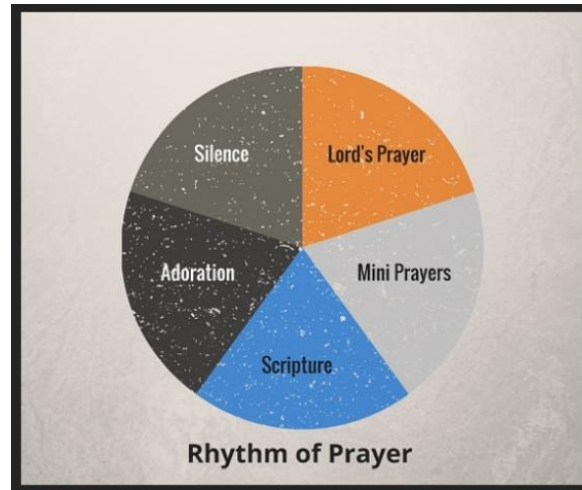
(Matthew 11:27-30, The Message)

3. Are you able to imagine the tender voice of Jesus? How do you answer when Jesus asks “Are you tired? Worn out? Burned out on religion?”

4. Look back over the past week and think about where God has been for you. Was there some time when you felt close to God, or that you could communicate with God? If you don't know, then don't strain to answer. Just move on to the next question.

5. Make a note of the ways of praying that seem to be easy to you. Are you someone who learns poetry? Do you feel drawn to silence? Do you find it helpful to learn short pieces of scripture? Do you pray in short bursts through the day? Notice without judgement what works for you.

6. Take a look at this Rhythm of Prayer. Which of the elements are you most drawn towards? Are there any that you haven't tried, or perhaps don't think are part of prayer?



7. Over the next day, decide to cultivate an awareness of where God is for you at present. Check-in with yourself and God about what you have found and record a few thoughts below.