



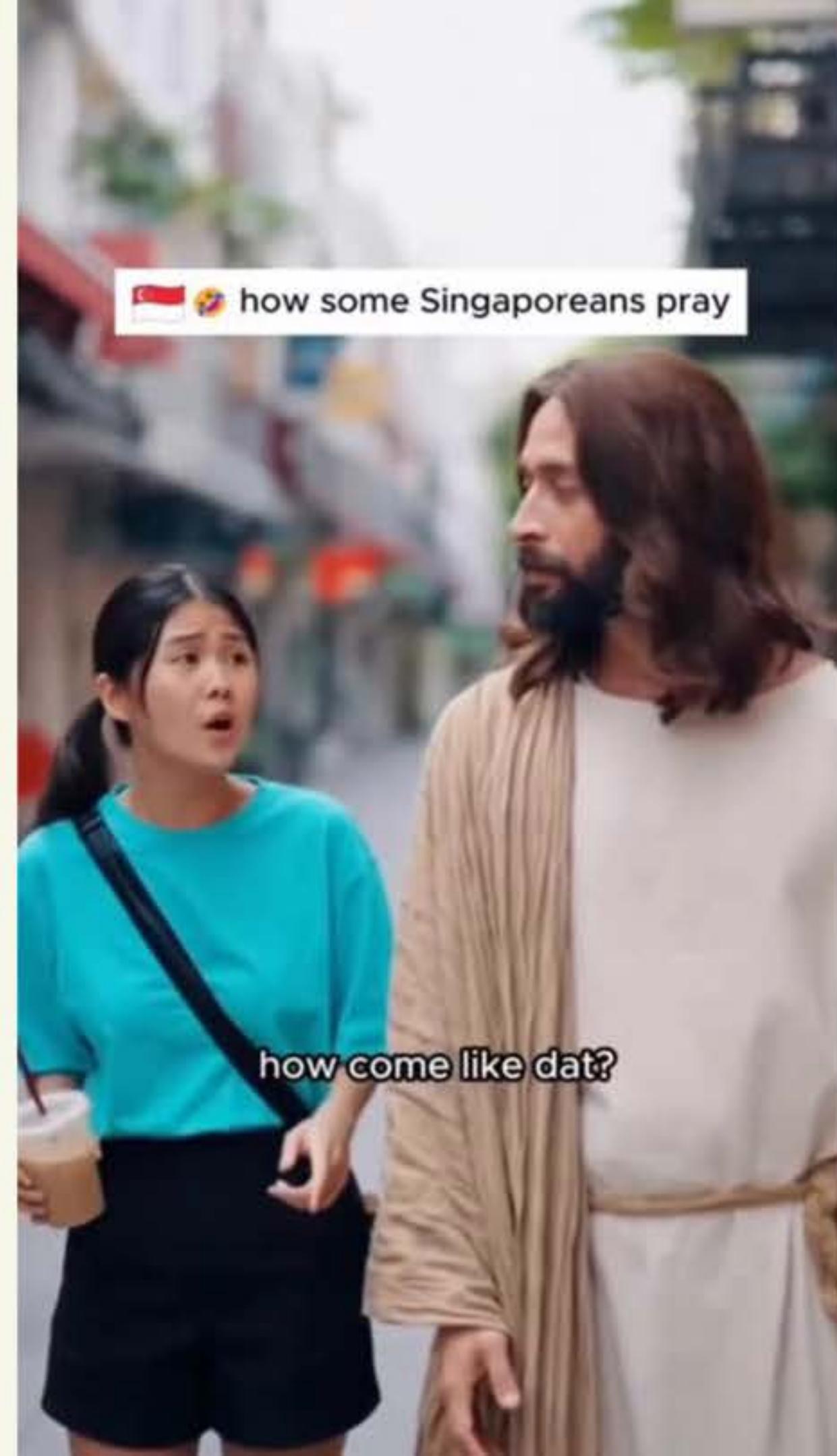
CELEBRATION OF DISCIPLINE

PRAYER

Lynn Yee

1ST FEBRUARY 2026

Satirical Video



VISION 2026

ROOTED IN HIS PRESENCE RELEASED FOR HIS PURPOSE

PRAYER is the rhythm that holds these two together

“Prayer is not primarily saying words or thinking thoughts. It is, rather, a stance. It’s a way of living in the Presence, living in awareness of the Presence, and even of enjoying the Presence.”

RICHARD ROHR

Prayer as Rhythm: Rooted & Released

Prayer is to our spiritual life what breathing is to our natural life.

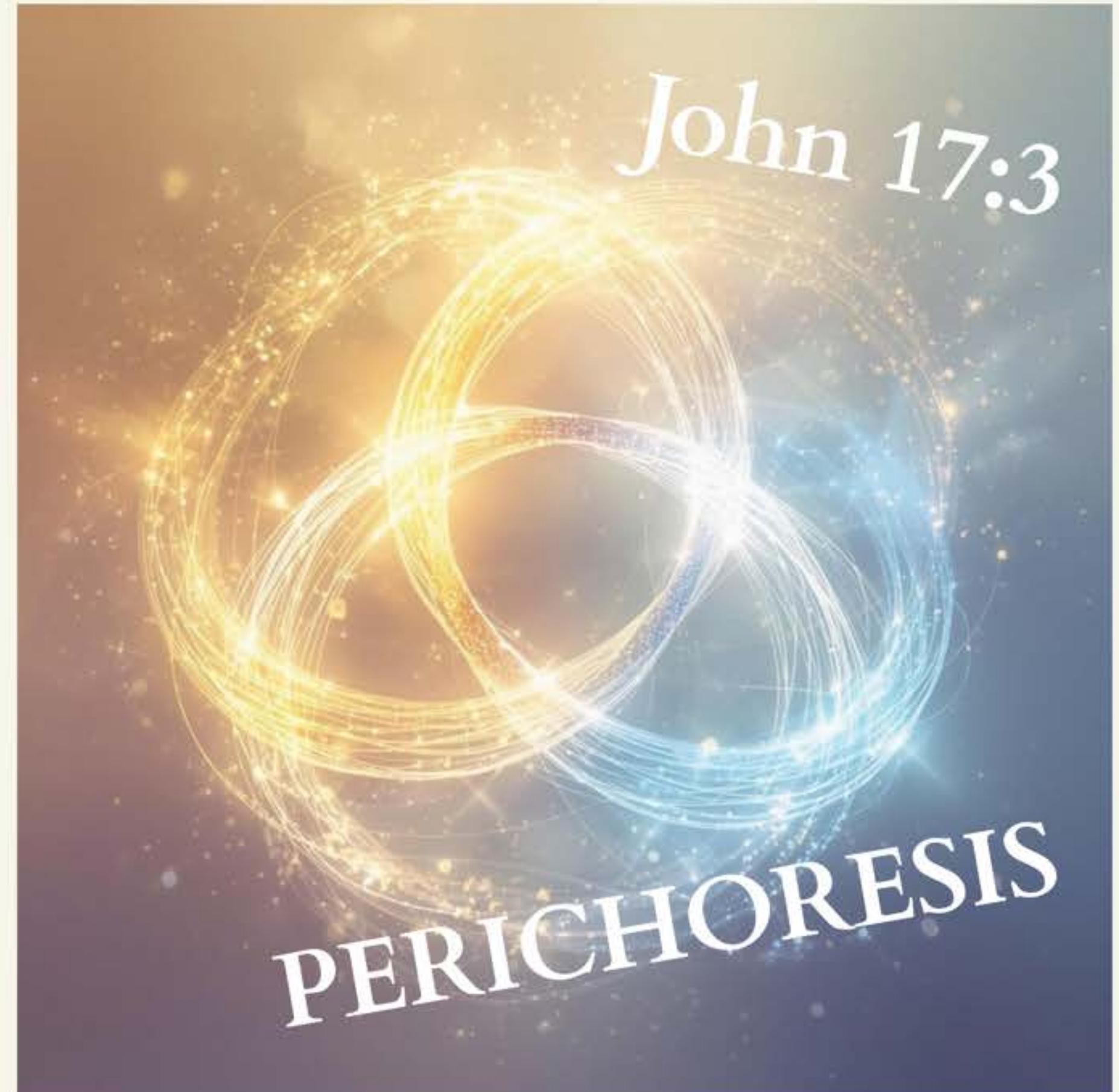
Breathing in is our life rooted in God's presence — receiving, abiding, attending, resting in who God is.

Breathing out is our life released for God's purpose — obedience, love, service, witness, intercession — joining what God is doing in the world.

Understanding The Trinity: God is Communion

From all eternity:

- the Father loves the Son
- the Son responds in love
- the Spirit is the living presence of that love.



PRAYER IS BEING DRAWN INTO GOD'S OWN LIFE

“Deep within all of us dwells the Blessed Trinity. At the depth of our being, the Father continually loves the Son, while the Son responds to the Father in love and prayer through the Holy Spirit who radiates this love outwards.”

RAY SIMPSON

Prayer is Participation, Not Transaction

KOINONIA:
Communion
Fellowship
Shared Life
Participation

How Our View of God Shapes Our Prayer

ASPECTS	FUNCTIONAL UNITARIAN EMPHASIS	TRINITARIAN EMPHASIS
How God Meets Us in Prayer	We come directly to God for mercy, guidance, and help	The Father welcomes us; the Son opens the way; the Spirit draws us near and helps us pray
How Prayer is Experienced	Speaking to God for guidance, forgiveness, strength	Abiding with God; being transformed from the inside out
Mission & Intercession	Asking God to intervene; doing God's will	Joining God's mission; praying with God's compassion for the world

Where Prayer Becomes Real

*“Prayer is not a place to be good, it is a place to be honest.
Prayer is not a place to perform, it is a place to be present.
Prayer is not a place to be right, it is a place to be known.
Prayer is not a place to prove your worth, it is a place
to receive worth and offer yourself in truth.”*

KYLE STROBEL & JOHN COE

The Wandering Mind Is A Gift

Our minds often wander, because in Jesus' words, “where your treasure is, there your heart will be also” (Matthew 6:21).

Because we have the Spirit of God in our souls, when we come to prayer in God's presence, the truth of our hearts begins to percolate and rise to the surface.

Instead of fighting the distraction, turn it into prayer. In that moment, even our distraction becomes an invitation to honesty.

The Pharisee and the Tax Collector

(Luke 18:9–14)

- Whatever is happening in your soul, bring it to God.
- Anxiety, Numbness, Anger, Shame — bring it to God.
- Honesty with God in prayer transforms your soul!



PRAYERS OF INTENTION

01.

Present Yourself

ROMANS 12:1-2

*“Lord, here I am.
I present myself
to You.”*

02

Recollection / Identity in Christ

PHILIPPIANS 3:7-9

*GALATIANS 2:20
“Christ is my life;
I am in Christ,
and that is my
true identity.”*

03.

Prayer of Honesty

PSALM 15:1-2

PSALM 139:23-24

*“Search me, O God
and know my heart.”*

PRAYERS OF INTENTION

04.

Prayer of Discernment

ECCLESIASTES 7:13-14

*“Lord, what are You doing
in my life? Give me grace
to cooperate with the
Holy Spirit.”*

05.

Receptivity / Abiding in the Word

HEBREWS 4:12

JOHN 15:5

*We receive God’s Word
and choose to abide.
“Teach me to abide
in You today.”*

Reflection Questions for Cell Groups

- In your current season, do you tend to “breathe in” more (resting in God’s presence) or “breathe out” more (serving, doing, carrying responsibilities)? What might God be inviting you to recover in your prayer rhythm this week?
- When you reflect on your prayer life, do you tend to experience prayer more as asking God for help and guidance, or as communion and abiding with God? What might God be inviting you into in this season?
- When you try to pray and your mind wanders, what does it often wander toward? What might that reveal about what is most alive or pressing in your heart right now?

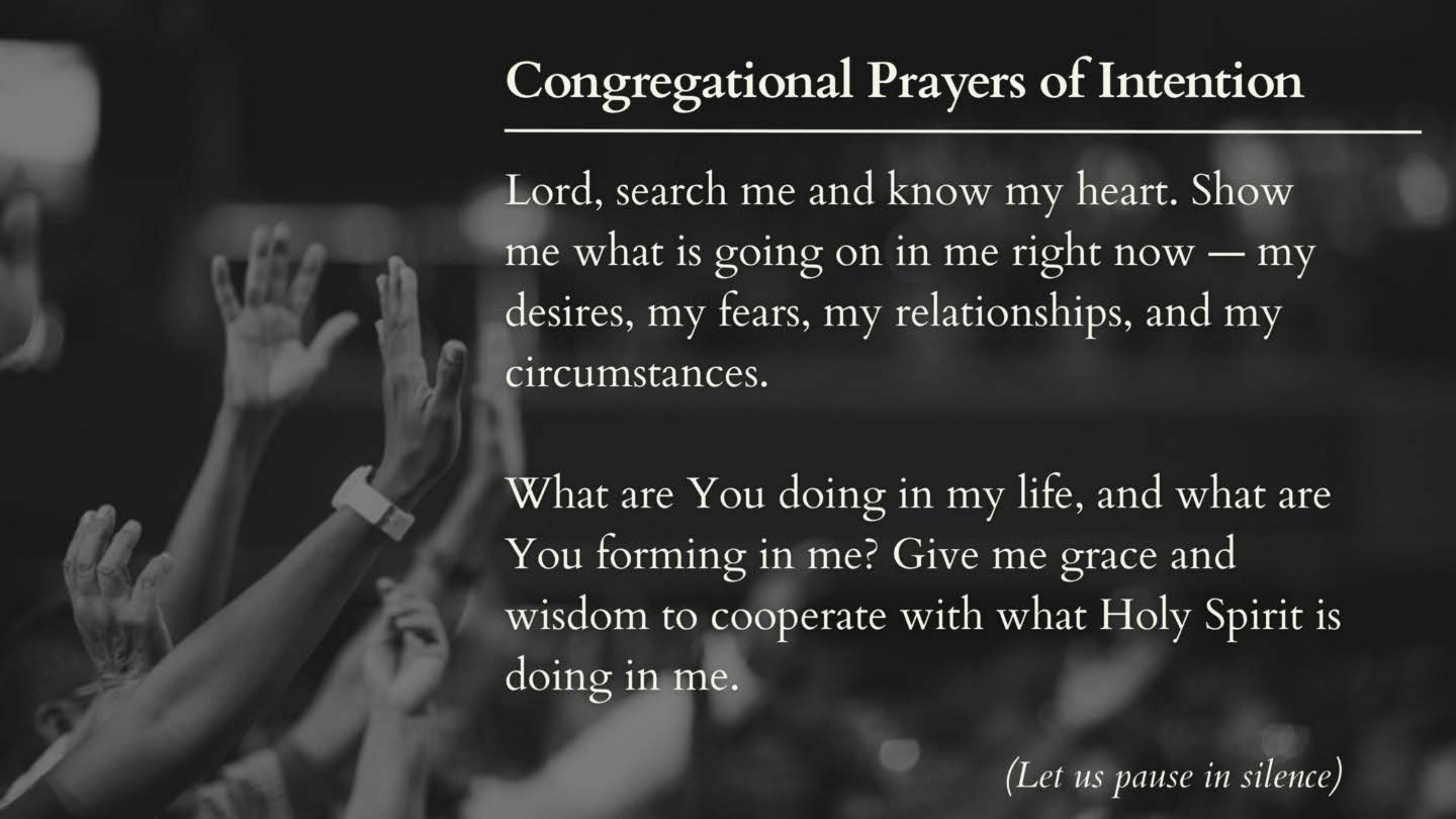
Congregational Prayers of Intention

Lord, I am here. I present myself to You.
Do not let me be conformed to this world,
but transform me by the renewing of
my mind in Christ.

Father, whatever I do today, I want to do it in
You and with You. I do not want to live in my
own strength or hide behind performance and
control. My life is not my own — Christ is my
life, and He lives in me.

(Let us pause in silence)

Congregational Prayers of Intention

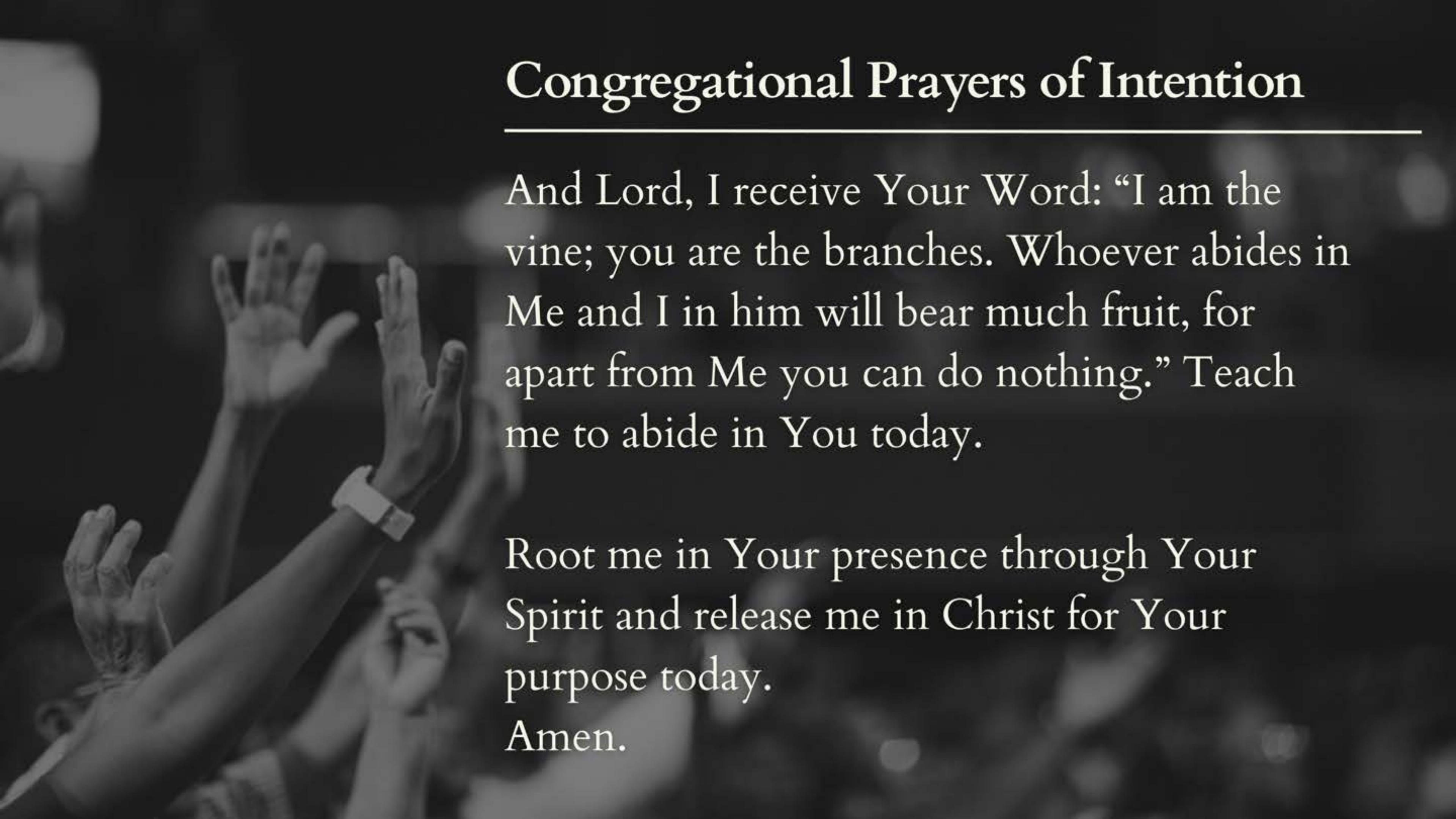


Lord, search me and know my heart. Show me what is going on in me right now — my desires, my fears, my relationships, and my circumstances.

What are You doing in my life, and what are You forming in me? Give me grace and wisdom to cooperate with what Holy Spirit is doing in me.

(Let us pause in silence)

Congregational Prayers of Intention



And Lord, I receive Your Word: “I am the vine; you are the branches. Whoever abides in Me and I in him will bear much fruit, for apart from Me you can do nothing.” Teach me to abide in You today.

Root me in Your presence through Your Spirit and release me in Christ for Your purpose today.
Amen.