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CELEBRATION OF DISCIPLINE

# PRAYER

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**Lynn Yee**

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# Satirical Video



VISION 2026

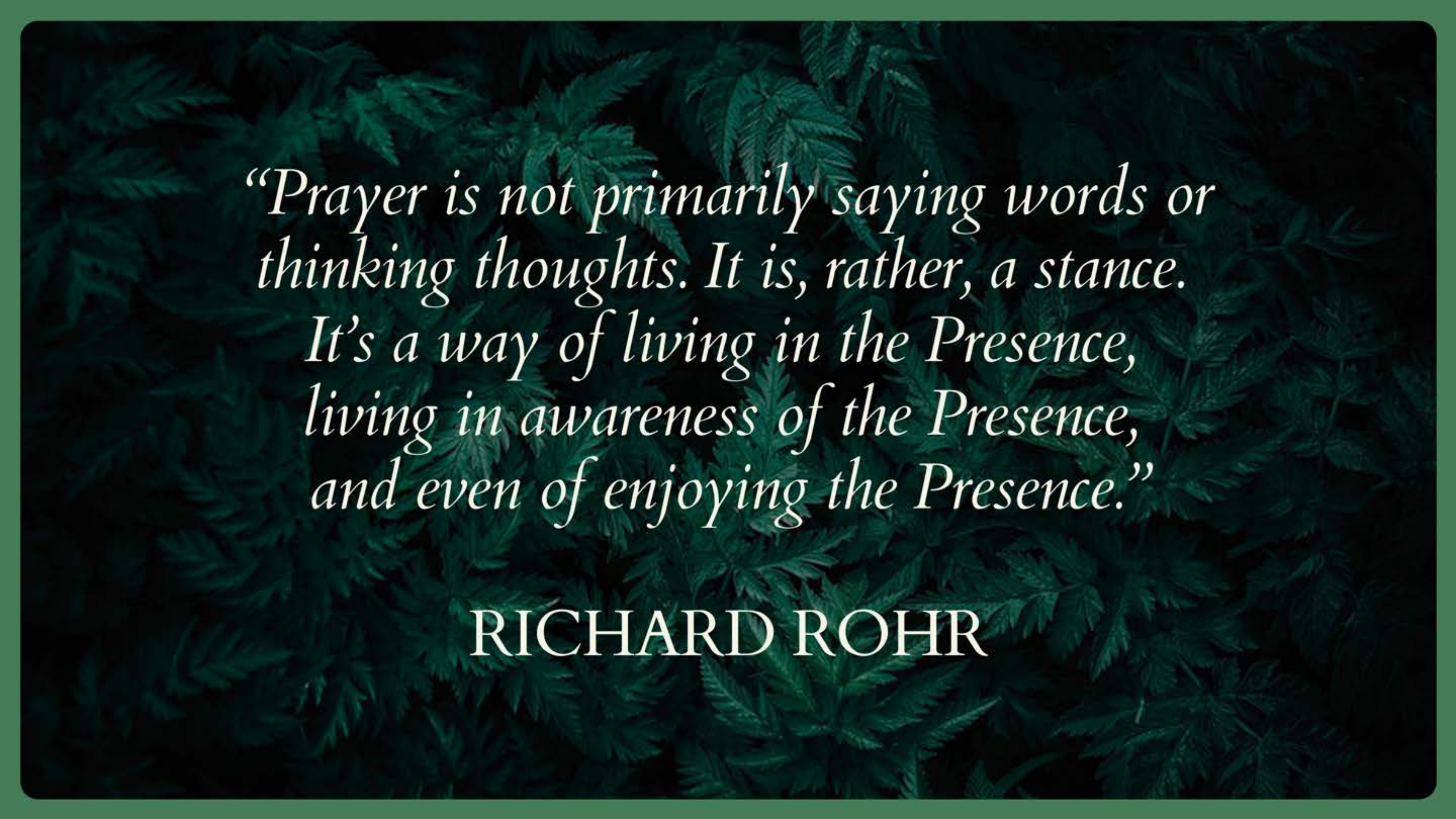
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ROOTED IN HIS PRESENCE  
RELEASED FOR HIS PURPOSE

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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.

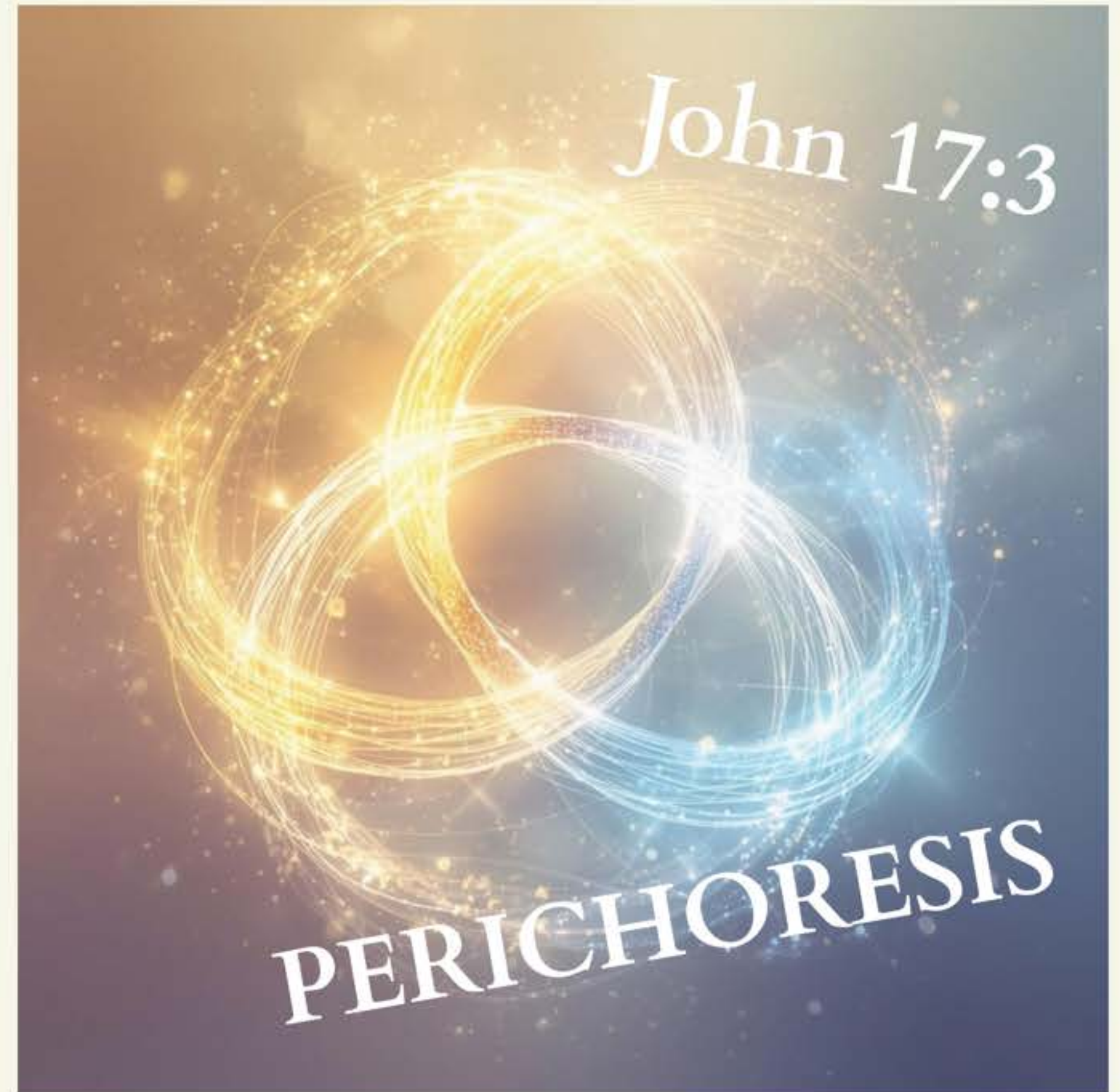


# Understanding The Trinity: God is Communion

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From all eternity:

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





# PRAAYER IS BEING DRAWN INTO GOD'S OWN LIFE

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*“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)

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- 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

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ROMANS 12:1-2

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

02

## Recollection / Identity in Christ

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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

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PSALM 15:1-2

PSALM 139:23-24

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



# PRAYERS OF INTENTION

04.

## Prayer of Discernment

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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

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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

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- 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

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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

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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)*



A grayscale background image showing the hands and arms of a church congregation raised in prayer. The hands are open, palms facing up, and are positioned at various heights, creating a sense of collective worship. The image is slightly blurred, focusing attention on the text overlay.

# Congregational Prayers of Intention

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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.