

BE WITH ME: EXPERIENCING JESUS IN PRAYER

An Intentional Journey to Deepen Your Relationship with the Divine

13: Be With Me - In Hope

PREPARATION: SONG: "My Redeemer Lives" by Nicole C Mullen www.youtube.com/watch?v=y8Slcb2j1kQ



Who taught the sun where to stand in the morning? And who told the ocean you can only come this far?

And who showed the moon where to hide 'til evening? Whose words alone can catch a falling star?

Well I know my redeemer lives. I know my redeemer lives. All of creation testify, This life within me cries.

I know my redeemer lives, yeah

The very same God that spins things in orbit, Runs to the weary, the worn and the weak. And the same gentle hands that hold me when I'm broken

They conquered death to bring me victory

CHORUS: Now I know my redeemer lives. I know my redeemer lives. Let all creation testify (aaah). Let this life within me cry, I know my Redeemer, he lives ...

To take away my shame, And he lives forever, I'll proclaim, That the payment for my sin Was the precious life he gave. But now he's alive and (aaah) There's an empty grave. Chorus

I know, know, know, know (my redeemer lives), I know that I know, that I know, that I know, that I know, (I know my redeemer lives) my redeemer lives. Because he lives I can face tomorrow (he lives), Whoo, whoo, yeah, yeah, yeah, I know, I know (he lives) he lives, he lives, yeah, yeah, I spoke with him this morning (he lives) he lives, he lives. The tomb is empty, he lives, he lives. I'm gonna tell everybody, yeah

SCRIPTURE: 1 John 3:1, 18-23

PERSONAL PRACTICE | Centering Prayer: Do not confuse the simplicity of this prayer with ineffectiveness. "In centering prayer the goal is to so dwell in Christ that the fruit of this dwelling begins to show up in your life. Centering praying may "do" nothing at the moment... But later... Your quiet center in Christ holds. Centering prayer trusts that being with Jesus brings transformation."¹ This prayer helps free us from our addiction to words.²

Turn your phone on silent, and set the alarm for 10 minutes. Get comfortable in a quiet place and intentionally put yourself in the center of God's love. Choose one word to help anchor you in that center (Love, Peace, Jesus) and return to it as your thoughts move around. Your thoughts will inevitably wander, gently return to the word and let it invite you to be with Jesus. *Feel* God's great love for you! *Rest in being* not doing.

GROUP PRAYER: Take inventory about how you have responded to Jesus' invitation to "be with me" in prayer over the last 13 weeks. Notice which practices stretched you and which practices you would like to return to. Recount together in prayer, your internal shifts, spiritual insight and answered prayers from the last 13 weeks. Reflect and name together the fruit that has been borne through the act of laboring together in the presence of God. Praise the Lord for answered prayer; offer enthusiastic praise for God's infinite and everlasting love! Gratefully rest in knowing that Love surrounds you. Intercede through the lens of God's love over your family, neighbors, church, city and world. Let this overwhelming love propel you forward with hope in our world. *"In this world you will have trouble. But take heart! I have overcome the world."* Jesus

¹ Calhoun, *Spiritual Disciplines*, 236.

² Foster, Richard. *Prayer: Finding the Heart's True Home*. Harper San Francisco, 155.