

# STREAMS

## THE PRAYER-FILLED LIFE

### INTRODUCTION



Discovering ways to keep the heart and mind focused on God and find rest in him.

### READ

Read the passage several times through, read slowly, use your imagination to picture the scene and soak it up. As you read, look for one or two points that really impact you. We call these 'shockers' and 'blockers'.

The 'Setting the Scene' information adds some further context about the passage.

**Shockers** - something from the text that stands out or surprises you.

**Blockers** - something that raises questions or you find hard to understand.



### Psalm 121.1-8

- 1 I lift up my eyes to the mountains—  
where does my help come from?  
2 My help comes from the Lord,  
the Maker of heaven and earth.  
3 He will not let your foot slip—  
he who watches over you will not slumber;  
4 indeed, he who watches over Israel  
will neither slumber nor sleep.  
5 The Lord watches over you—  
the Lord is your shade at your right hand;  
6 the sun will not harm you by day,  
nor the moon by night.  
7 The Lord will keep you from all harm—  
he will watch over your life;  
8 the Lord will watch over your coming and going  
both now and forevermore.

What are the 'shockers' or 'blockers' for you in this passage?

In what ways do you feel tired and in need of rest now?

In what ways does this Psalm speak to about stillness and rest?

### REFLECT

As a group take time to discuss what you've read. Start by sharing your 'shockers' and 'blockers.' As you share your thoughts, listen carefully to one another. Feel free to use the questions to help you reflect further and extend your conversation.

#### Setting the scene:

- A Psalm of Ascent sung by worshippers on their way to Jerusalem. Though far from Jerusalem, the centre of worship, the Psalmist recognises that God's care and protection was with them on the journey.
- The Psalmist recognises that the source of true help is the Creator God who is alert to all of our needs.
- The Psalm repeatedly uses a Hebrew word meaning 'to keep,' 'to guard,' or 'to watch over.' The Psalms invites us to trust in God's steady attention to our need and condition.

***'People learning to live unhurried lives - living like Jesus, at ease with God, themselves and others could truly transform our world.'***  
(Nathan Foster)

# STREAMS

## THE PRAYER-FILLED LIFE

### INTRODUCTION

## RESPOND

As you have read and reflected on the passage, it's now time to consider how to respond.

Consider the following set of practices to help you respond to the theme of this session over the coming week. Choose one and feel free to adapt to make it work for you.

### 01 Art in heaven

Enjoy slowing down and spending time with God. Worship him through painting, drawing, writing a poem, or any other creative process you'd like to explore this week. You could take some time out each day to develop it over the course of the week.

### 02 Exploring silence

Maybe you need more silence and solitude this week? Aim to start each day in silence. If you need to, get up a bit earlier before anyone else so you can experience a slower, quiet start to the day. Welcome Jesus into your day, read some Scripture, pray in silence, become aware of God's presence. Find opportunities for quietness throughout the day as often as you can.

### 03 Digital Sabbath

Consider setting aside a day (or as much time as you can) to have a Digital Sabbath. This is a day free from your phone and other digital devices and distractions, a day free from social media, shopping and notifications! If you need to, put away your phone and unplug devices. Use the day to intentionally focus on God, find silence, slow down, read, walk, nap and rest.

#### You might also be interested in:

- *The Grandest Prayer of All* (an article by Dallas Willard) <https://renovare.org/articles/the-grandest-prayer-of-all>
- *The Ruthless Elimination of Hurry* (a book by John Mark Comer)
- *A Mind Continually Set On God* (a Podcast featuring Richard J. Foster) <https://renovare.org/podcasts/lifewithgod/richard-foster-streams-contemplative-tradition-prayer>

## GOING DEEPER

### Reflect on your day

The Prayer of Examen is a historic spiritual practice designed to help you intentionally reflect on your day. It invites you to consider moments when you felt close to God—and times when you didn't. Each day brings opportunities we might have missed and actions we wish we hadn't taken.

Before going to bed, take a moment to look back over your day. Thank God for the blessings and the good moments. This is also a meaningful time to ask for forgiveness and seek help to love more deeply each day. Use this prayer to renew your commitment to living for Jesus daily.

**Step One:** Prepare yourself by quietly focusing your attention on God.

**Step Two:** Review your day with gratitude.

- When did you live out Jesus' love?
- When did you fall short of His love?

**Step Three:** Thank God for the work He is doing through this reflection. Ask Him to guide you and give you grace for tomorrow.

*'We are so busy and distracted that we miss out on the richness of life and the presence of God. Slowing down is not just about pacing; it's about creating space for God to meet us.'*

*(John Mark Comer)*