

## **Life of Prayer to be more like Jesus**

### **Opening:**

At this point most of you know each other, but if there is anyone new take a minute and introduce yourselves and answer the following questions:

- 1.) Name
- 2.) Where are you from?
- 3.) Favorite superhero and why?
- 4.) Why did you show up tonight?

### **Expectations:**

- Show up, if you can't make it, let us know
- Have fun!
- What is shared here stays here.
- Be willing to be vulnerable. Growth happens with honesty.
- Share but leave room for others to talk

### **Announcements:**

Ask your leader what is on the schedule this month at CCC

### **Show Video**

### **Discussion:**

Read Romans 12:1-2, NIV

*"Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God- this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is- his good, pleasing and perfect will."*

### **What stands out to you in this verse?**

Prayer is one way we offer our bodies as living sacrifices. Our posture, our mindset, and how we choose to live our lives will dictate whether or not we are transformed and our minds renewed.

**We are going to walk line by line through The Welcome Prayer, written by Father Thomas Keating.**

### **Welcome, Welcome, Welcome**

- What does this make you feel?
- What type of posture does this put you in?

**I welcome everything that comes to me today.**

- Does this evoke something in you?
- Does this make you feel more open?
- Does this provoke fear?

**Because I know it's for my healing**

- What in you do you want healed?
- If we look at life and experiences as an opportunity for God to heal us, how does this shift our mindset?

**I welcome all thoughts, feelings, emotions, persons, situations, and conditions**

- There is this deep level of trusting God in this line. Is this challenging for you?
- What if we shifted our mentality away from running from hard, avoiding certain things, and looked at every situation, emotion, feeling as a way to learn, grow, and become more like Jesus?

**I let go of my desire for power and control**

- What do you need to release to God?
- What are you trying to control?

**I let go of my desire for affection, esteem, approval and pleasure.**

- Where are we looking for these things?
- Where are we looking for approval?
- Have we put pleasure above pursuing Jesus?

**I let go of my desire for survival and security.**

- Where has survival, fear, and the need for security mislead you?

**I let go of my desire to change any situation, condition, person or myself.**

- What are you trying to control?
- What do you need to release to God? What situation or person do you need to release?
- What in yourself do you need to release to Jesus? What are you hiding or trying to fix before you come to God? He wants you to come just as you are.

**I open to the love and presence of God and God's action within. Amen**

- Are you open to the love and presence of God?
- Do you want to be transformed?
- Are you looking at every circumstance and emotion as an opportunity for God to do something within you?

**Reread the prayer out loud all together.**

