

# Notes & Quotes – Feb. 22, 2009

“Praying is difficult. It’s probably one of the most difficult things I do. I don’t mean the ceremonial prayers. You know: table prayers or prayers during weekly Bible study at church...It’s the long prayers that are difficult. The praying that takes the time to go deeply into my heart – and God’s heart...all too frequently (it’s the rule rather than the exception) it seems the ceiling is made of brass: my words seem to bounce back to me, going nowhere. My prayer time concludes, and I determine that I’ve failed again. How can something I’m so bad at be God’s will for my life?”

– An American pastor teaching in Lithuania

## When to pray?

-- Jesus model was...early morning & solitary place

Q: What time of the day is my mind the quietest and my heart best able to focus on things unseen?

...the answer to that question should direct us on when to pray

## What to pray?

“We cannot bypass the Psalms. They are God’s gift to train us in prayer that is comprehensive (not patched together from emotional fragments scattered around that we chance upon) and honest (not a series of more or less sincere verbal poses that we think might please the Lord). The Psalms are necessary because they are the prayer masters.” – Eugene Peterson

“I come to the Psalms not primarily as a student wanting to acquire knowledge, but as a fellow pilgrim wanting to acquire relationship. The first and greatest commandment is to love the Lord our God with all our hearts and all our souls and all our minds. More than any other book in the Bible, Psalms reveals what a heartfelt, soul-starved, single-minded relationship with God looks like.” – Philip Yancey

## How to get started?

-- the 40/30 challenge: every adult & student at Eagle for 40 days, praying 30 min/day

-- fast from whatever you need to fast from in order to pray 30 min/day for 40 days (i.e. a meal, TV, Facebook, sleep, work...etc)

-- a grid to get started with...after our Lent series is over, try using this...

Sunday	Psalm 92
Monday	Psalm 1
Tuesday	Psalm 23
Wednesday	Psalm 84
Thursday	Psalm 65
Friday	Psalm 63
Saturday	Psalm 86

“Praying is difficult. It’s probably the most difficult thing I do. I’ve decided it’s supposed to be, for its very difficulty forces me back to God, reminds me that I’m entirely dependent on God and his grace to even pray at all...My failure at praying keeps me from taking the credit. It won’t let me pat myself on the back. It won’t allow me to go off on my own. I’m forced by the very poverty of my prayers to cling to God only, and perhaps that is finally the only definition of good prayer.”

– Same American pastor teaching in Lithuania

#### CD suggestions

*Chant from the Hermitage* by John Michael Talbot, [www.johnmichaeltalbot.com](http://www.johnmichaeltalbot.com)

*Quiet Pathways* by John Michael Talbot

*The Shadow of Your Wings* by Fernando Ortega, [www.fernandoortega.com](http://www.fernandoortega.com)

*The Odes of Solomon (vol. 1)*, [www.theodesproject.com](http://www.theodesproject.com)

*The Listener’s Bible* by Max McLean, [www.listenersbible.com](http://www.listenersbible.com) (OT & NT on CD)

**Note:** devotional guide for Lent series & small group guides can be downloaded on our web site