

Sermon Guide – Nov. 13, 2022

Focus on Prayer

People often say they don't know how to pray. They don't know the right words to say; or they are afraid they will say something wrong. I think it is helpful to think of prayer as a conversation with your best friend – sharing what's on your mind, no matter how small. Conversation every day with God, as with human friends, helps us to know each other better and to grow closer.

Three helpful “tricks” to guide you in your prayer time include the 5 Finger Prayer, the word ACTS, and a prayer labyrinth.

5 Finger Prayer: 1. As you look at your hand, let your pinkie finger remind you of the least of these among us – the poor, the oppressed, the homeless, the sick. 2. Your ring finger is the finger that goes directly to your heart. Who are those closest to you, your nearest and dearest? Pray for them. 3. Your middle finger is the tallest finger. Pray for our elected leaders, government leaders. 4. Your index finger is also known as the pointer finger. Use it to remind you to pray for those who point the way for you – mentors, teachers, coaches, pastors. 5. Finally, your thumb is the finger closest to you. Pray for yourself, for your needs, your desires, your forgiveness.

The letters in the word **ACTS** can be used to pray a well-rounded prayer. A = Adoration. Tell God how awesome he is! C = Confession. Confess your sins to God. Express your regret, ask for forgiveness, and then for help to move forward in a new direction. T = Thanksgiving. Say thank you. S = Supplication, another word for intercession. Pray for others who have needs.

A Prayer Labyrinth is a large route often laid out on a lawn or inside a large building. As one walks the labyrinth, he/she stops to pray along the way. The finger labyrinth below can serve the same purpose as you trace the labyrinth with your finger. Some like to use colored pencils to decorate the labyrinth, praying as they draw.

