

Dwelling in Prayer — A Missional Practice

Missional practices: *cultivating new understandings, ways of being, and living Christ's mission.*

Purpose: *To listen to God and to one another to hear and discover in new ways God's direction by reading prayers and posing questions*

Suggested Steps:

1. Take a moment to be calm, centered, and aware of God's presence.
2. Read through the Prayer of Disruption.
3. Take some time in silence.
4. Reflect and share on the first question below.
5. Read a second time the Prayer of Disruption.
6. Take some time in silence.
7. Reflect and share on the second question below.
8. End your time with a prayer of thanksgiving.

Prayer of Disruption¹

Divine Challenger, when did I stop risking? When did I lose my edge for adventure and surprise? When did I start pretending that what I now know is all there is to know? When did I give in to fear and bow to security? When did I let uncertainty press against my free spirit? When did I start moving toward the sure, easy thing? When did I give away my ability to be disturbed? When did I start refusing to pay the price for fuller depth and joy? When did I let panic of the unknown future wrap its barbed wire fingers around my desire to grow? Inner source of courage, nudge me toward growth. Urge me away from my strongholds. Convince me of my potential to leap beyond the barriers.

Question after First Reading:

What is the word, phrase, image or idea you are drawn to? Take time for silent reflection.

After Second Reading:

How is the Holy Spirit disrupting me with new ways of seeing and being?

¹ Excerpted from Prayers to Sophia / Prayer 44 Taking Risks by Joyce Rupp
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