



PRAY&ENJOY

Enjoying God together
by Praying.

VISION

Psalm 62:8

“Trust in him at all times, O people; pour out your heart before him; God is a refuge for us.”

God speaks to us and he wants us to speak to him. We listen and He listens. God invites us to pour our hearts out to him, to pray all the time, to commune with him, to dwell with him deeply.

Yet meeting God in prayer can be one of the hardest invitations to accept and keep. Life is busy. Our minds race from one thing to the next. And even when we do carve out time, it can be hard to know how to pray or what to pray. Prayer can quickly become rehearsing the same lines that slowly erode into lifeless routine.

APPROACH

But it doesn't have to stay that way. Prayer can be life-giving, inspiring, and rich communion with God. One of the best ways to have a fresh, God-centered time of prayer is to pray the Bible. Yes, pray the Bible.¹

Praying the Bible is a method of prayer that allows the words of Scripture to inspire and fill the words of our prayers. When you pray, allow a passage of Scripture to guide you and to inform your communication to God.

In 2022, we are inviting everyone at CrossWay to Pray & Enjoy, a year-long journey of enjoying God individually and together by praying the Bible. Just like reading the Bible, praying regularly requires three things: (1) a plan, (2) a place and (3) a time. You pick the time and place. Ideally, pick the same time for each day of the week.

What follows is a plan for the year. Each week, there will be one passage to pray through. Slowly read the passage a phrase or line at a time. Pause at each line and pray out whatever comes to mind. Keep praying the line until nothing comes to mind. Then move to the next line.

¹ Much of this idea is captured in the easily accessible and very helpful book, *Praying the Bible* by Donald Whitney.

For example, here's how Psalm 23 would look. You'd start by praying, "The Lord is my Shepherd." Then it could continue as follows: "God, yes, you are my shepherd. Thank you for being my shepherd, my leader, and my guide. You are so good to always be in front. I pray that you would be our family's shepherd. Help my kids faithfully follow you. Help my church and my Gospel Community follow you. It's good to follow you. Help me to believe that even when I don't feel it."

Then, move on to the next line, "I shall not want."
On and on it goes.

Don't worry too much about interpreting the passage or studying. Just allow it to inform your prayers. Then, when time is up, it doesn't matter how far you've gotten, just go ahead and move on.

PLAN

While this is a helpful practice in our personal lives, for 2022, Pray & Enjoy will provide a plan of 52 passages, one every week, that we pray together. Aim to pray the passage at least one time during the week, preferably at the start of the week. If you want to take a couple days or the entire week praying, that's great! Let this effort stoke and supplement your own time of reading the Bible.

DIVING DEEPER

What starts individually can carry over into other venues. Here are some ways to see Pray & Enjoy permeate your life.

With the Church

On Sunday mornings, occasionally the prayer will revolve around the passage for the week. In addition, there will be some times of training to pray the Bible and opportunities to pray together.

Scripture Memory

Every year we have a set of 25 passages of Scripture that we encourage everyone to memorize together. In 2022, our entire Scripture memory will be synced with Pray & Enjoy.

For Families

Husbands and wives, invest in your marriage by finding a time, once a week, to read through the passage and pray as a couple.

- Parents, once a week, use this to pray with and for your children, either after a meal or at bedtime.
- Elementary – Gather your family. Read 1-2 key verses from the passage. Give a quick summary of how they help us pray. Have everyone pray a short one-sentence prayer of thanks, praise, confession, or asking for help.
- Preschool – At bedtime, read 1-2 key verses from the passage. Pray a short prayer, based on verses, over your child.

As Students

Consider reading through *Praying the Bible* by Donald Whitney. Pick a day of the week to pray through the weekly passage. Do it on your own, or grab a friend and do it together. If you are not sure how to start, ask for help! This practice can deeply impact your prayer life, don't miss this opportunity to pray and enjoy God.

With Your Gospel Community

Consider reading through *Praying the Bible* by Donald Whitney. Pick a day of the week to pray through the weekly passage. Do it on your own, or grab a friend and do it together. If you are not sure how to start, ask for help! This practice can deeply impact your prayer life, don't miss this opportunity to pray and enjoy God.

MY PLAN

The following pages will provide prompts to create a concrete plan to Pray & Enjoy God together in 2022. Take some time to answer each question and then share it with someone. Our hope is that you would have at least one slot each week, for at least three minutes, to have an uninterrupted time with God.

Three things are essential for a growing life of prayer with God: (1) Time, (2) Place and (3) Plan. Pray and Enjoy provides a plan. What will your time and place be to pursue praying the Bible? Aim to have the same time and place for at least five days each week.

If you live with others, are there ways you can weave Pray and Enjoy into their lives as well? Consider your spouse and/or kids.

Are there other contexts beyond your home to consider for praying the Scriptures? Consider your Gospel Community, Sunday morning, other ministries or friendships you're invested in.

CHECK-INS

Most plans need to be reviewed and sometimes adjusted. Take a few moments at the end of each month to reflect on how Pray & Enjoy is going. Are you pursuing what you set out to do? If so, keep going. If not, make adjustments. Overall, what are you learning about God and yourself?

January Check-In

February Check-In

March Check-In

April Check-In

May Check-In

June Check-In

July Check-In

August Check-In

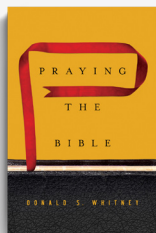
September Check-In

October Check-In

November Check-In

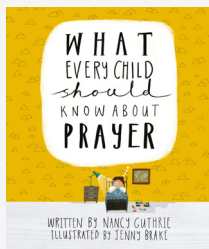
December Check-In

ADDITIONAL RESOURCES



Praying the Bible

by Donald Whitney



What Every Child Should Know About Prayer

by Nancy Guthrie



cwc.church/pray