* Hi there!  Here's the fourth Holy Habits weekly prompt on prayer.  By the way, many thanks for all the feedback and encouragement I am receiving in response to these mails; I don't get much chance to respond personally, but you can be sure that it is read (😊), valued and considered in producing future editions.  And if you want these to keep coming when the Prayer slot is over then speak up!  The planning team are meeting on Wednesday night, so now's the time to say it!

**How's it going?**

Mmm, two things to remember now - getting more challenging, isn't it!  You've kept on practicing listening to God (of course you have!), and also started to adjust your life mindset to include prayer more explicitly in your everyday (every moment) thought patterns.  You haven't?  Don't give up, even a few small steps along this path will bless you!

If you have made some progress on both these fronts then I challenge you to say that you don't feel more at peace about the situations in your life!  **Inviting Jesus into everything we are and all we do can only make us more receptive and responsive to him - which in turn makes it more likely that we will desire and do his will.**  Stop for a moment (yes, why not now?!) and dwell on that thought - and (wherever you are reading this) reaffirm right now your desire to get closer to Him through your prayer life!

**Let's move on**

We will take a brief look now at God-centred prayer.  I know what you're thinking: isn't that what prayer always is, by definition?  No, it isn't!  Ok, let's explore this a bit further.

It's natural to pray what's on our heart - to say thank you for what we have, sorry for what we done wrong or not done, and seek help for our needs or those of others.  God is pleased with us praying, but wants us to get beyond that largely self-centered prayer to get to what's on His heart!  That's why listening is so important: **it's only as we start seeking God himself in prayer that we begin to understand what He wants for us and the world in which we live.**  That's what Jesus means when He calls us to pray "your kingdom come" - it means asking for the best for us and for those we pray for, perhaps beyond our ability to perceive what that 'best' is.

And notice how in the Lord's prayer, Jesus teaches us to begin our praying with adoration: "hallowed be your name".  **The call is to revolve our prayer life - and, as a result, all of our life - around Him, not ourselves.**

**"Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as it is in heaven.
Give us today our daily bread.
And forgive us our sins
as we forgive those who sin against us.
And lead us not into temptation
but deliver us from the evil one."**

**Matthew 6:9-13**

So, **here's this week's challenge:** say the Lord's prayer each day (in whatever form you find most helpful) and focus particularly on the words "hallowed be your name, your kingdom come, your will be done".  Then let that spirit of adoration and submission lead into prayers for whatever is on your heart - and notice how those prayers are transformed as a result!

Hey, this prayer stuff is starting to get exciting, isn't it!

Ah, and one more thing: God-centred prayer doesn't work too well if you aren't feeding on His word!  You can see from what I've said above that **having God's word in mind changes how we pray, so make sure you get some input each day from the Bible**.  And don't tell me that you haven't got the time! A short devotional text can be read and considered in 20 seconds (try it!); personally, I find those on [Bible Gateway](https://www.biblegateway.com/) helpful - and you can specify from a list of almost 60 Bible versions 😲 (and yes, millennials, you can get the app too!) - but do tell me about other Bible reading aids that bless you, and I may share them in future editions.

God bless you as you seek Him this week.

**What else can I expect?**

Next week - well, so far we've taken a look at the fundamentals of the prayer life.  (Yes, I know there's a lot more to the essence of prayer than that, but I have a lot of other ground to cover too!).  Next time I want us to take a look at doing prayer differently.  I'll let your imagination speculate on where that might lead … 😲

Finally, I'll just say **Friday 19th October, 6.30-9.30pm** is coming!  Get ready to book your place this Sunday (and next) 👍.

*Of course I hope you are enjoying these emails but do let me know if you wish to unsubscribe.  Please do pray for me and all the Planning Group as we continue to set before you words to inspire us to be better disciples of Jesus (how about an arrow prayer right now, in fact!).*

*Produced by Martyn Read on behalf of the Bents Green Holy Habits Planning Group (Debs Barnett, Glenn Evans, Martyn Read, Graham Wassell, Daphne Wilkins, John Wilkins), and based on the* [*Holy Habits*](http://www.holyhabits.co.uk/) *discipleship material supplied by Sheffield Circuit*