ALPHA PRAYER PROMPTS

Silence makes space for people to be found by Jesus through different forms of prayer. Often in moments of prayer like this people can say 'yes' to Jesus and choose to follow him. Leading people in prayers like this can feel scary. Take a deep breath, remember that you are loved by God, and then step out in faith and follow the script.

1. Watch the film of the week like normal
2. Lead the group through the prayer below (or you can shuffle the prayers around and do the one next week, or vice versa).
3. Allow people to share what they experienced (or didn't experience) in their groups.

<u>Script 1: In the Womb (taken from "Try Praying" booklet)</u>

- For those that would like to try praying, we're going to walk through a simple prayer exercise together. If you're not interested, that's okay, you're welcome to tune me out and have your own meditative moment, or just observe.
- Start with taking a few breaths. One image of God's Spirit in Scripture is breath. So as you take a few breaths, you could ask God to fill you with his breathe.
- We're going to begin with an ancient prayer, "Come near, Holy Spirit."

(**Wait in silence for a 20-seconds or so)**

- Now I'm going to offer you a little bit of an imaginative exercise.
- Imagine a conversation between twins in the womb. I know it's silly since they can't talk, but just go with me for a minute. One says, "we've got a mother who has made us and is all around us. One day we will meet her." The other says, "I'm not so sure about this idea of a mother. I don't think there is anything outside this life. We've got all we need, and we've got each other. There is nothing more than we can see and feel here. I find the idea of having 'a mother' rather unscientific, amusing, in fact." Whether they believe in a mother or not, their world will soon be shaken by the contractions of labor.
- The illustration is limited, but if you have any sense of curiosity about there being more going on around us than we can see, I want to invite you to lean into the curiosity. If you're willing, you could even silently pray something like, "God, if you're real, and I'm not sure that you are, but I want you to reveal yourself to me in way I can understand."
- Now I'm going to give us a minute of complete silence

(Hold the silence for longer this time, about a minute)

- Now I personally do believe in God, and I just get this sense that something God is wanting to give to some of you in the room is a sense of peace that you haven't had in a really long time, maybe ever.
- Thanks for doing this exercise with me. I'm going to give you a few minutes at your table to share what that was like for you.
- If you are interested in exploring prayer further, you're welcome to ask your table host, or come find me after we wrap up.