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.

Script 2: Meeting With God (Adapted from Brad Jersak)

- I'm going to lead you through an experience these next moments. You can think of it as imaginative prayer, or a meditation or a mind exercise. However you would like to experience it. I'll ask you some questions, close your eyes and enter into the scene. This exercise will last a few minutes. I'll lead you through a few questions and you can answer them to yourself.
- Settle into your chair, wiggle your toes, settle your fingers on your knees or next to you on the chair. Take a couple deep breaths (pause).

[Ask the questions slowly with pauses in-between giving people time to imagine what is happening in their experience]

- If you could meet God, where would you want to meet Him?
- Where would you be if you would be there?
- Are you seeing yourself or being yourself in this place? (Try to be yourself)
- Try to make the scene vivid – what do you smell? What things do you notice? How do you feel in this place?
- If God would come to you, how would he come to you?
- Come close enough so he could touch you, or let him come to you.. Lean on Him... touch helps you to make connection, to actually feel Him.
- What does it feel like?
- Do you want to be His friend? (optional)
- If you would look him in the face, what expression does he have?
- What are his eyes saying?

• What is the first thing he says?

• Would you like him to wash you clean from everything you've ever done and everything that has ever been done to you? (optional)

• Is there something you'd like to say to him?

• I (leader) will leave you as we end this exercise, but do you want him to stay with you? He never has to go away [pause]

You can go into your groups, perhaps you'd like to share what you experienced.