

① Devotionals

INTRODUCTION | The Secret of Prayer

A fellowship with God through a prayer is the great source of life for our mind and soul. In today's passage, Jesus teaches his disciples about the secret and the attitude in which we ought to approach prayer. While pointing out some of our problems and vulnerability in prayer, he encourages us to pray to God, who is the Father full of love and might. As our first point today, we would like to focus on the principle that as our Father, God listens to our prayer. Second, let's take a look at how to meditate and pray using the scriptures.

SCRIPTURE | Matthew 6:5 – 15 (ESV)

⁵ "And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. ⁶ But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you. ⁷ "And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. ⁸ Do not be like them, for your Father knows what you need before you ask him. ⁹ Pray then like this: "Our Father in heaven, hallowed be your name. ¹⁰ Your kingdom come, your will be done, on earth as it is in heaven. ¹¹ Give us this day our daily bread, ¹² and forgive us our debts, as we also have forgiven our debtors. ¹³ And lead us not into temptation, but deliver us from evil. ¹⁴ For if you forgive others their trespasses, your heavenly Father will also forgive you, ¹⁵ but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.

QUESTIONS |

1. Our flaws and sinful habits are often evident in our prayer. What kind of flaws and habits does Jesus mention in the passage? Why do they occur?
2. Who is God when He listens to our prayer? What does Jesus promise regarding prayer? Hence, with what kind of attitude can we pray before God?
3. Taking the guideline provided below, let's take the time to meditate and pray.

Incorporating Meditation into Your Time with Jesus

Lectio – Reading

Understand the passage

- Read slowly through the whole passage.

- a) When a thought, phrase, or word captures your attention, stop and dwell on it. Underline or note each.
- Read a second time and ask: “What truth is the author getting across here?” Ask what it says about:
 - a) who God is b) who we are c) who Christ is and what he did
- Read a third time. List each:
 - a) example to follow b) command to obey c) promise to claim

Meditatio – Reflecting

Meditate and listen for the voice of God

Choose the two or three most important insights or verses from your reading and ask:

- Adoration – How does this lead me to adore and praise God? a) What attribute of God does it show?
- Confession – How does this lead me to confess or repent to God?
 - a) What wrong thoughts, feelings, and behavior happen in me when this is forgotten?
- Thanksgiving – How can I thank Jesus for being the ultimate answer to this sin?
 - a) How is this sin being caused by an inordinate hope for something to give me what only Jesus can really give me?
- Supplication – What does this lead me to petition God for? a) What do I need from God if I am to realize this truth in my life?
- Why might God be showing me this today?

Oratio – Praying

On the basis of your meditation, speak very directly to God about what you are learning and hearing

- Pray every one of the meditations — Adoration, Confession, Thanksgiving and Supplication — back to him.

Contemplatio – Sensing

Often, though not always, during reading, reflecting or praying, you begin to get a “sense on the heart” of the reality of God and his presence.

- You may receive strong assurance of belonging to him. Stop and enjoy him!

UPCOMING EVENTS |

Lunch Time Meeting: Jinbocho (4th), Kasumigaseki (5th), Otemachi (6th, 13th) , Marunouchi (12th)
Members Class (7th)
Life Change Bible Study (9th, 16th, 23rd)
Bento Project (15)