



SOJOURN SPRING BRANCH

PRAYER GROUP

A Prayer Group is a three person gender-specific group within the Neighborhood Parish who get together a few times a month to confess sin to one another by way of prayer, confession, and assurance.

BIBLE PASSAGES

*Psalms of Ascent:
Psalm 120, 121, 122,
123, 124, 125, 126, 127,
128, 129, 130, 131, 132,
133, 134*

MEET

(10 MINUTES)

"Peace be with you... and also with you."

PRAY

(20 MINUTES)

Silencio || Lectio || Meditatio || Oratio || Contemplatio || Incarnatio

Silencio || Prepare for spiritual reading in silence. From control to receptivity. From information to formation. From observation to obedience.

Lectio || Read a Bible passage slowly at least twice.

Meditatio || Meditate carefully on the text. What word(s) or phrase(s) are being highlighted for you?

Oratio || Pray the text. Talk to God in a silently, in a whisper, aloud, or write your prayer in a journal.

Contemplatio || In a posture of contemplation, rest in the words and phrases God speaks to you.

Incarnatio || Live out the text. How will you go from being to doing? From identity to activity? How will you flesh out what you have read, meditated, and prayed about?

**CONTACT YOUR PARISH LEADER
TO JOIN A GROUP**

CONFESSION

(20 MINUTES)

Coordinator: The Bible says "Confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working." (James 5:15-16) Let's confess our sins to one another.

Each person takes 7-10 minutes to confess their sin.

Consider the 21 Questions.

The other three members listen lovingly and actively.

After each person shares, group members may say:

"Thank you for sharing _____. Lord, have mercy upon _____."

After lovingly and actively listening, group members may say:

"Remember that the Bible says, 'If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.'" (1 John 1:9)

or

"When you look to Jesus for your salvation, the forgiveness of sins is given in the name of the Father and of the Son and of the Holy Spirit."

When all sins have been confessed to one another, pray together a prayer like this:

"Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen." -Prayer of Confession, Book of Common Prayer

21 QUESTIONS (From John Wesley)

1. Am I consciously or unconsciously creating the impression that I am better than I am? In other words, am I a hypocrite?
2. Am I honest in all my acts and words, or do I exaggerate?
3. Do I confidentially pass onto another what was told me in confidence?
4. Am I a slave to dress, friends, work, or habits?
5. Have I looked at explicit material, masturbated, or harbored unhealthy sexual thoughts?
6. Am I self-conscious, self-pitying, or self-justifying?
7. Did the Bible live in me this week? Did I give it time to speak to me everyday?
8. Am I enjoying prayer?
9. When did I last speak to someone about my faith?
10. Do I pray about the money I spend?
11. Do I get to bed on time and get up on time?
12. Do I disobey God in anything?
13. Do I insist upon doing something about which my conscience is uneasy?
14. Am I defeated in any part of my life?
15. Am I jealous, impure, critical, irritable, touchy or distrustful?
16. How do I spend my spare time?
17. Am I proud?
18. Do I thank God that I am not as other people, especially as the Pharisee who despised the publican?
19. Is there anyone whom I fear, dislike, disown, criticize, hold resentment toward or disregard? If so, what am I going to do about it?
20. Do I grumble and complain constantly?
21. Is Christ real to me?

ASSURANCE

(20 MINUTES)

Coordinator: Because confession of sin always leads us to a way forward in obedience, let's move to the assurance we have in Christ and an application of that assurance.

The Bible says, If anyone does sin, we have an advocate with the Father, Jesus Christ the righteous. He is the propitiation for our sins, and not for ours only but also for the sins of the whole world. And by this we know that we have come to know him, if we keep his commandments. (1 John 2:1-3)

As we have these confessions in our minds, let's take turns asking each another one of these questions:

"Based out of your confession, in what ways will you abide in Christ?"

or

"Where do you need to look away from the situation and look towards God's glory, grace, and beauty?"

or

"How does the gospel of Jesus Christ free you to change?"

or

"What are some changes you hope to make by the power of the Holy Spirit and how can we hold you accountable?"

You can also hold each other accountable by asking these questions and apply it to past confessions by asking:

"How are you keeping God's commandments since last time we met?"

When assurance and accountability have taken place, pray together a closing prayer like this:

"Almighty God, you have given us grace at this time, with one accord to make our common supplications to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will grant their requests: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. Amen." -St. John Chrysostom