



ROOTED

PRAYER EXPERIENCE

Name

Date



Rooted Prayer Experience

Welcome to the Rooted Prayer Experience! This experience follows an **Up**, **In**, and **Out** movement of prayer designed to help guide our time together. During this prayer experience we will lead to...

Look Up — By focusing first on the greatness and goodness of God.

Go Deeper In — Into God's truth and what it reveals about who God is and who He is calling us to become.

Pray Out — That God's Kingdom would come to transform our hearts and the world around us.

Attitude/posture before God as we enter this experience:

- “Speak Lord, your servant is listening” (1 Sam. 3:10).
- Open my eyes that I may see wonderful things in your law (Psalm 119:18).
- “He [Jesus] opened the Scriptures to us” (Lk. 24:32).
- The Lord opened her heart to respond to Paul's message (Acts 16:14).
- Ears to hear (6x in Gospels, 7x in Revelation).
- Transformed by the renewing of your mind (Ro. 12:2).
- Worship based...Scripture fed...Spirit led...
- Talking and listening; conversational prayer

Looking Up (Group) – 30 minutes

All things begin first with God... God's glory, majesty and power. We want to begin our time by simply looking to God and acknowledging God's worth above all things. In looking up, we set out to focus our hearts together on God.

NAMES OF GOD

HEBREW

El Elyon
Elohim
Jehovah-nissi
Jehovah-shalom
Jehovah-saboath
El Shaddai
Adonai
Yahweh
El Kanna
El Olam
El Roi
Jehovah-mekoddishkem
Jehovah-jireh
Jehovah-raah
Jehovah-rapha
Jehovah-shammah
Jehovah-tsidkenu

TRANSLATION

The God Most High
The Creator
The Lord my Banner
The Lord is Peace
The Lord of Hosts
The All Sufficient One
LORD, Master
LORD (Jehovah)
Jealous God
Everlasting God
The God Who Sees
The Lords Who Sanctifies You
The Lord Will Provide
The Lord is my Shepherd
The Lord Who Heals
The Lord is There
The Lord our Righteousness

CHARACTER OF GOD

Abba	Romans 8:15	Love	1 John 4:8
Comforter	Isaiah 66:13	Merciful	Ephesians 2:4
Counselor	Isaiah 28:29	Mighty	Luke 1:49
Creator	Genesis 1:1	Miracle Worker	Matt. 19:26
Deliverer	Psalms 91:3	Never Changes	James 1:17
Faithful	Lam. 3:23	Never Weary	Isaiah 40:28
Forgiving	Num. 14:18	Peacemaker	Proverbs 16:7
Fortress	Psalms 91:2	Physician	Psalms 103:3
Gentle	Isaiah 40:11	Powerful	Psalms 66:7
Good	Psalms 145:7	Redeemer	Isaiah 54:5
Guide	Psalms 48:14	Refiner	Malachi 3:3
Healer	Exodus 15:26	Refuge	Psalms 46:1
Holy	Leviticus 19:2	Rescuer	Daniel 6:27
Husband	Isaiah 54:4	Rock	2 Sam. 22:32
Jealous	Exodus 34:14	Shepherd	Psalms 23
Just	Isaiah 45:21	Steadfast	Daniel 6:26
Light	Psalms 27:1	Strong	Psalms 89:8
Living Water	Jeremiah 2:13	Teacher	Psalms 119
Longsuffering	Num. 14:18	Trustworthy	Psalms 144:2

- **Scripture Reading 1: Psalm 8, NIV**

¹LORD, our Lord, how majestic is Your name in all the earth! You have set Your glory in the heavens. ²Through the praise of children and infants You have established a stronghold against Your enemies, to silence the foe and the avenger. ³When I consider Your heavens, the work of Your fingers, the moon and the stars, which You have set in place, ⁴what is mankind that You are mindful of them, human beings that You care for them? ⁵You have made them a little lower than the angels and crowned them with glory and honor. ⁶You made them rulers over the works of Your hands; You put everything under their feet: ⁷all flocks and herds, and the animals of the wild, ⁸the birds in the sky, and the fish in the sea, all that swim the paths of the seas. ⁹LORD, our Lord, how majestic is Your name in all the earth!

- **Silent Reflection**

- **Responsive Group Prayer**

- **Scripture Reading 2: Philippians 2:1-11, NIV**

¹Therefore if you have any encouragement from being united with Christ, if any comfort from His love, if any common sharing in the Spirit, if any tenderness and compassion, ²then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. ³Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴not looking to your own interests but each of you to the interests of the others. ⁵In your relationships with one another, have the same mindset as Christ Jesus:

⁶Who, being in very nature God, did not consider equality with God something to be used to His own advantage; ⁷rather, He made Himself nothing by taking the very nature of a servant, being made in human likeness. ⁸And being found in appearance as a man, He humbled Himself by becoming obedient to death—even death on a cross!

⁹Therefore God exalted Him to the highest place and gave Him the name that is above every name, ¹⁰that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, ¹¹and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.

- **Silent Reflection**
- **Responsive Group Prayer**

- **Scripture Reading 3: Psalm 148, NIV**

Praise the LORD.

Praise the LORD from the heavens; praise Him in the heights above. ²Praise Him, all His angels; praise Him, all His heavenly hosts. ³Praise Him, sun and moon; praise Him, all you shining stars. ⁴Praise Him, you highest heavens and you waters above the skies.

⁵Let them praise the name of the LORD, for at His command they were created, ⁶and He established them for ever and ever—He issued a decree that will never pass away.

⁷Praise the LORD from the earth, you great sea creatures and all ocean depths, ⁸lightning and hail, snow and clouds, stormy winds that do His bidding, ⁹you mountains and all hills, fruit trees and all cedars, ¹⁰wild animals and all cattle, small creatures and flying birds, ¹¹kings of the earth and all nations, you princes and all rulers on earth, ¹²young men and women, old men and children.

¹³Let them praise the name of the LORD, for His name alone is exalted; His splendor is above the earth and the heavens. ¹⁴And He has raised up for His people a horn, the praise of all His faithful servants, of Israel, the people close to His heart.

Praise the LORD.

- **Silent Reflection**
- **Responsive Group Prayer**

Deeper In (Individual) – 50 minutes

In prayer we are led by the Holy Spirit to look deeper in. Deeper into the truth of God's word and deeper into our own hearts as He reveals to us those areas we have attempted to hide away from His view and the view of others. Take time to allow God to speak by His word and by His Spirit as you journey deeper in.

Divine Reading (Lectio Divina)

- 1. Read:** Don't give in to the temptation to simply glance over these passages, some of which may be very familiar to you. Take time to read them and in turn allow them to read you. You may find it helpful to read each passage a few times, pausing each time before reading and asking God to speak the truth of each word to your heart.
- 2. Reflect:** After reading, allow time and space to reflect or ponder in your heart what you have just read. Allow God's word to become His word to you and illuminate the deep truth of the text by the Holy Spirit.
- 3. Pray:** After you've read and reflected on the passage, move on to prayer. Through your spoken and written word, dedicate the truth of His word to Him in your heart.
- 4. Contemplate:** Then contemplate on the truth of what has been revealed through His word. God speaks... take time, listen, wait, and rest in the reality of His presence and the fullness of His love.

- **Scripture Reading 1: Psalm 139, NIV**

¹You have searched me, LORD, and You know me.

²You know when I sit and when I rise; You perceive my thoughts from afar. ³You discern my going out and my lying down; You are familiar with all my ways. ⁴Before a word is on my tongue You, LORD, know it completely. ⁵You hem me in behind and before, and You lay Your hand upon me. ⁶Such knowledge is too wonderful for me, too lofty for me to attain.

⁷Where can I go from Your Spirit? Where can I flee from Your presence? ⁸If I go up to the heavens, You are there; if I make my bed in the depths, You are there. ⁹If I rise on the wings of the dawn, if I settle on the far side of the sea, ¹⁰even there Your hand will guide me, Your right hand will hold me fast. ¹¹If I say, “Surely the darkness will hide me and the light become night around me,” ¹²even the darkness will not be dark to You; the night will shine like the day, for darkness is as light to You.

¹³For You created my inmost being; You knit me together in my mother’s womb. ¹⁴I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well. ¹⁵My frame was not hidden from You when I was made in the secret place, when I was woven together in the depths of the earth. ¹⁶Your eyes saw my unformed body; all the days ordained for me were written in Your book before one of them came to be. ¹⁷How precious to me are Your thoughts, God! How vast is the sum of them! ¹⁸Were I to count them, they would outnumber the grains of sand—when I awake, I am still with You.

¹⁹If only You, God, would slay the wicked! Away from me, you who are bloodthirsty! ²⁰They speak of You with evil intent; Your adversaries misuse Your name. ²¹Do I not hate those who hate You, Lord, and abhor those who are in rebellion against You? ²²I have nothing but hatred for them; I count them my enemies.

²³Search me, God, and know my heart; test me and know my anxious thoughts. ²⁴See if there is any offensive way in me, and lead me in the way everlasting.

- **Silent Reflection.**
- **Responsive Prayer/Journaling:**

- **Scripture Reading 2: Romans 6:1-14, NIV**

¹What shall we say, then? Shall we go on sinning so that grace may increase? ²By no means! We are those who have died to sin; how can we live in it any longer? ³Or don't you know that all of us who were baptized into Christ Jesus were baptized into His death? ⁴We were therefore buried with Him through baptism into

death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life.

⁵For if we have been united with Him in a death like His, we will certainly also be united with Him in a resurrection like His. ⁶For we know that our old self was crucified with Him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin—⁷because anyone who has died has been set free from sin.

⁸Now if we died with Christ, we believe that we will also live with Him. ⁹For we know that since Christ was raised from the dead, He cannot die again; death no longer has mastery over Him. ¹⁰The death He died, He died to sin once for all; but the life He lives, He lives to God.

¹¹In the same way, count yourselves dead to sin but alive to God in Christ Jesus. ¹²Therefore do not let sin reign in your mortal body so that you obey its evil desires. ¹³Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to Him as an instrument of righteousness. ¹⁴For sin shall no longer be your master, because you are not under the law, but under grace.

- **Silent Reflection.**
- **Responsive Prayer/Journaling:**

- **Scripture Reading 3: Ephesians 1:3-14, NIV**

³Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. ⁴For He chose us in Him before the creation of the world to be holy and blameless in His sight. In love ⁵He predestined us for adoption to sonship through Jesus Christ, in accordance with His pleasure and will— ⁶to the praise of His glorious grace, which He has freely given us in the One He loves.

⁷In Him we have redemption through His blood, the forgiveness of sins, in accordance with the riches of God's grace ⁸that He lavished on us. With all wisdom and understanding, ⁹He made known to us the mystery of His will according to His good pleasure, which He purposed in Christ, ¹⁰to be put into effect when the times

reach their fulfillment—to bring unity to all things in heaven and on earth under Christ.

¹¹In Him we were also chosen, having been predestined according to the plan of Him who works out everything in conformity with the purpose of His will, ¹² in order that we, who were the first to put our hope in Christ, might be for the praise of His glory. ¹³And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in Him with a seal, the promised Holy Spirit, ¹⁴ who is a deposit guaranteeing our inheritance until the redemption of those who are God’s possession—to the praise of His glory.

- **Silent Reflection.**
- **Responsive Prayer/Journaling:**

- **Scripture Reading 4: Galatians 5:16-26 NIV**

¹⁶So I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to

the flesh. They are in conflict with each other, so that you are not to do whatever you want. ¹⁸But if you are led by the Spirit, you are not under the law.

¹⁹The acts of the flesh are obvious: sexual immorality, impurity and debauchery; ²⁰idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹and envy; drunkenness, orgies,

and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

²²But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³gentleness and self-control. Against such things there is no law. ²⁴Those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵Since we live by the Spirit, let us keep in step with the Spirit. ²⁶Let us not become conceited, provoking and envying each other.

- **Silent Reflection.**
- **Responsive Prayer/Journaling:**

Praying Out (Group) – 30 minutes

Jesus taught us to pray in Matthew 6:10, “Your kingdom come, Your will be done, on earth as it is in heaven.” We live in the tension of two worlds, the age that is now (our world) and the age that is to fully come but has already begun to break through, the Kingdom of Heaven. Jesus teaches us that the Kingdom of Heaven is not something or someplace else we wait for, but that it is a present reality that we can experience now! This is why we pray for broken things to be made right, for the sick to be healed, and for the oppressed in mind, body, and spirit to be set free... because the Kingdom has come and it is bringing life! It is with this understanding that we pray for ourselves, others, and the world around us.

In peace and expectation, we pray to You Lord, hear us now for Your mercy is great!

Points of Prayer

(In no particular order; pray as you are led)

- Family, friends, specific needs from your journal
- Rooted group requests
- Alignment with God’s purposes
- Group SERVE experience, lifestyle of service/outreach
- Opportunities to share our stories
- People in whom God wants us to invest
- Our church and the Church in the world
- Our community
- Our nation and its leaders
- The world and its leaders
- Victims of hunger, fear, injustice, and oppression
- Persecuted Christians

Debrief and Celebration (All Together) – 1 Hour

After your prayer time, take time to share a meal together to break your fast. Share how you heard God’s voice, what this focused prayer time meant to you, and how it affected you. Share how the fasting time prepared you and whether your prayer time felt more intense from this discipline. Share any other relevant feelings or revelations from God during this time in fasting and prayer, and if it is something you want to continue to add to your life on a more regular basis.

Notes:



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