

Week 8 ~ Review

"From inside the fish Jonah prayed to the Lord his God."

(Jonah 2:1, NIV)

The entire second chapter of Jonah records the prayer Jonah prayed while traveling the ocean in the belly of the whale. I'm not here to debate whether this incident in Scripture is literal or figurative, but whatever it may have been I think most of us can relate.

Jonah ran from God and what he felt God wanted him to do. Then, as often is the case when we don't do what we know we should, things took turn for the worst. Jonah found himself in a dark place, unable to figure a way out, without a probable chance of rescue or a shining light at the end of the tunnel. He was desperate.

So, in his despair, all pride and haughtiness gone, Jonah cried out to the only One who could save him. His prayer ends with this line: *"Salvation comes from the Lord"* (vs. 9). And the final verse of the chapter, verse 10, following on the heels of verse 9 says this: *"And the Lord commanded the fish, and it vomited Jonah onto dry land."*

It's amazing how faithful God is, even when we get ourselves into awful messes with no means of escape. Jonah is a perfect example of God's unrelenting faithfulness, if we will only turn to Him.

No matter your situation, whether it was self-made or not, cry out to God, and He will hear you. For salvation, indeed, comes from the Lord!

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Week 8 is all about review. This week you will spend one day on each kind of prayer. You can choose whatever order you prefer, mixing it up a bit, or you can simply follow the order by which we've journeyed these past weeks. If choosing to keep the formatted order, your week in prayer would look something like this:

Monday: The Lord's Prayer

Tuesday: Lectio Divina

Wednesday: ACTS

Thursday: Written Prayer

Friday: Active vs. Abiding

Saturday: Singing and Chanting

Sunday: Prayer Postures

I encourage you to once again immerse yourself in the prayer dynamic of each day. These forms of prayers, in and of themselves, are not methods to be mastered—they don't have any special powers to actually get you closer to God; however, they are tools by which we can become less self-conscious, more spiritually aware, and enable different kinds of expression and introspection. As such, they can help cultivate an openness and responsiveness to God that blesses the pray-er as he/she prays.

As this 8 Week Prayer Experiment comes to a close, it is my hope *and prayer* that these past weeks have infused your time with God with a fragrance and flavor that is almost palpable. Maybe this experiment has helped you, for the first time, be intentional about prayer and you've learned things about God and about yourself that have been transformational. Maybe you were in a rut in communicating with God and you feel yourself turning a corner you didn't even know existed. Whatever it may be, it is my deepest desire that somehow, in some way, in these eight weeks, you've spent some remarkable time with the Lord and He's made all the difference—doing what only He can do.

I would love to hear your stories, experiences, thoughts, insights, whatever. If, in these eight weeks, by praying in any of these ways, something special has occurred in your life, please let me know. Share the story. Give Him glory!

Reflection Questions

1. What did you most enjoy about prayer this week?
2. What was most challenging?
3. In reflecting on the different kinds of prayers this week, in what ways did your spirit/soul respond to each kind of form? Were there different responses to the different prayers? Why do you think that might be?
4. Were there any prayer forms that were challenging during the highlighted week, but were enjoyable this time around or vice versa? If so, what do you think might be a reason for the change in experiences?
5. What revelations, if any, did you receive in prayer this week? Were any directly related to praying in one particular way over another?
6. What are you most likely to take away from this prayer exercise?