

# Spiritual Mission: Prayer

The most controllable aspect of our spiritual journey may arguably be prayer. We have the ability to direct when and how we pray, yet, many things get in the way. Sleep. Kids. Work. Phones. Exercise. News. Sports. Wealth. Social Media. Spouses - although it may be fair to say our spouses would support more prayer.

When we have a plane to catch, an early doctor's appointment to make, or a round of golf to play, the intentionality to wake up early and get after it is easy. As men and in a culture that seeks to diminish prayer, how do we bring intentionality into our daily lives and develop the right habits to support a consistent prayer life?

## Opening Prayer

Heavenly Father, You are great, You are almighty.

Thank You for giving us the desire and the heart to be here.

May You be here to guide our conversation and allow us be open to You.

May we recognize the the life of Jesus and model our lives like Him.

May we recognize each others' lives to help support our growth, to be here for one another and to have confidence in our fraternity.

Come Holy Spirit and fill our hearts and minds in this time.

Amen

## Sermon by Saint John Chrysostom (feast day: Sept 13th)

When we converse of spiritual things, let there be nothing secular in our souls, nothing earthy, let all such thoughts retire, and be banished, and let us be entirely given up to the hearing the divine oracles only. For if at the arrival of a king all confusion is driven

away, much more when the Spirit speaketh with us do we need great stillness, great awe.

How do you overcome distractions during prayer?

## A Husband's Prayer for his Wife (Tobit 8: 5-7)

*Tobit's prayer for his marriage on his wedding night:*

*"Blessed are you, O God of our ancestors,  
and blessed is your name in all generations forever.*

*Let the heavens and the whole creation bless you forever.*

*You made Adam, and for him you made his wife Eve  
as a helper and support.*

*From the two of them the human race has sprung.*

*You said, 'It is not good that the man should be alone;  
let us make a helper for him like himself.'*

*I now am taking this kinswoman of mine,*

*not because of lust,*

*but with sincerity.*

*Grant that she and I may find mercy*

*and that we may grow old together."*

*Reread in silence and reflect on the words in this passage.*

What word or phrase stands out to you?

How often do you pray for your spouse?

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What are some of the challenges that our wives go through that we, as husbands, often overlook? How can we improve our daily prayer for our wives?

Additional Reading: 1 Chronicles 29 16-19 "A Father's Prayer for his Son"

## Demario Davis Post Game Interview

Source: [www.youtube.com/embed/ys6giRdpYhI?si=e0Z6l4Mo9VEdBH0F](http://www.youtube.com/embed/ys6giRdpYhI?si=e0Z6l4Mo9VEdBH0F)

"The word says who Jesus is, He's knocking the door, all you gotta do is get up"

Is the opportunity to speak about impacts of prayer, faith, and spirituality easier or harder than we think? What are the challenges for us if we see an increase in displays of faith in professional sports and with people with fame?

## Action Plan

What immediate step(s) can be done to make more time for daily prayer? What will you commit to for the next 11 weeks related to prayer?

1. This week, let us strive to pray daily for our spouses and children. Let us pray that God direct their hearts towards righteousness and to keep His commandments.
2. Let us pray in thankfulness for the building of a new church in Nocatee, remembering that all we are contributing is a gift from God's hands.

What is your takeaway from mass to live out in your week:

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Note: 86,400 seconds in a day, 1% of this = 864 seconds = 14 minutes & 24 seconds

What do we stand to gain (or lose) by giving at least 1% of our time in prayer?