

# *Slowing Down... to Pray*

American culture teaches us that time is money; every second counts; the faster the better. But some things take time. The truth is that we waste tons of time on unimportant things.

Video: Visual Reality's "40 Million Minutes"

"The archenemy of authentic Christianity is busyness."

--Bill Hybels in *Too Busy Not to Pray*

Authentic Christianity is not learning a set of doctrines and then stepping into cadence with people all marching the same way. Authentic Christianity is about relationship-- a relationship with God.

See Psalm 2:1-3. Embarrassingly few Christians reach this level of spiritual maturity. We need to make a commitment to slow down. Our hectic pace hurts us and it teaches our children a horrible lesson. We need to spend regular time with God—to pray and to listen.

A "Prayer Notebook" is designed to help you slow down and have a significant meeting with God. Here are some suggestions:

- Let the topics in the notebook balance your time with God. Though the topics are a bit different than the four we have learned (adoration, confession, thanksgiving, and seeking), they will help you focus on each of these elements.
- Let God guide you in the time you spend in each element. There is no magic formula.
- Spend some time listening to God by reading the scripture and being still before Him.
- Use journaling to help you reflect on what God is teaching you. Start your entry with "Yesterday..." and don't write more than a page.
- Write out your prayers.
- Consider spending thirty minutes of time with God five or more times a week. Set apart your time and your place when you will not be bothered. Make it a holy place.

## **Psalm 1:1-3**

<sup>1</sup> Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers.

<sup>2</sup> But his delight is in the law of the LORD, and on his law he meditates day and night.

<sup>3</sup> He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.