

# AMEN

*October 23, 2022 - The Need To Pause*

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To move forward in prayer, we first need to learn how to pause—but who has time for that?! This week, we learn why and how to slow down our busy lives and frenetic pace enough to pause.

## Message Notes And Highlights

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- We're going to use an acronym to approach the process of prayer—P.R.A.Y.
  - To move forward in prayer, you first need to learn how to Pause.
  - Be still and know that I am God. | Psalm 46, v.10
  - Hit pause, and slow down long enough to know and be reminded of who God is.
  - Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. | Mark 1, v.35
  - Jesus went somewhere he could be alone and distraction-free to pray.
  - Jesus made prayer his priority in the morning to start his day.
  - Everyone needs a “chair”—somewhere you can go to pause and meet with God each day.
  - We all need to make time for the things we value most.
  - Where's your chair? Where do you go to pause and pray, to listen for God's whispers?
  - “This, then, is how you should pray: “Our Father in heaven, hallowed be your name...” | Matthew 6, v.9
  - When you pray, start by stopping to realize who you're praying to.
  - Declare God's goodness and greatness—this is part of worship.
  - The greater your understanding of who God is, the greater your worship of Him will be.
  - Find your chair.
  - Pause to pray. Relax and breathe—deep breaths reverses the cycle that anxiety and stress cause. If you get distracted, repeat the process—relax and breathe.
  - Pause to reflect on who God is.
  - Prayer is where we meet with God, and where God changes us.
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## Discussion Questions

1. We need to make time for the things we value most.” How are you doing with making time for the things you value most, like faith and family?
  2. At what point of the day or week is it difficult for you to pause and slow down? At what point, if ever, are you able to pause and slow down?
  3. In what ways have you seen and experienced the benefit of pausing to pray and reflect? If you haven't been able to do this much, how do you think it could benefit you?
  4. Where and when is your “chair”—your place and time to regularly pause, pray, and listen for God's voice? If you don't have one currently or have gotten away from it, what ideas do you have for where and when (and how) this could be?
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