

Spiritual Practices
Reflection From 10/3/26

Reflection

1. For those who attended the Spiritual Practices Seminar, what were some insights for you that you can share with the group regarding prayer?

2. **What are some similarities and differences in the following verses?**

Matthew 6:9-13 and Luke 11:2-4

Using the “5 Finger” break down of the Lord’s prayer (or Disciple’s Prayer), answer the following:

Thumb = Adoration

3. What part of the prayer is adoration and why?

Index = Submission

4. What part of the prayer is submission and why?

Middle = Supplication

5. What part of the prayer is supplication and why?

Ring = Confession

6. What part of the prayer is confession and why?

Pinky = Protection

7. What part of the prayer is protection and why?

8. For those who attended, share the experience of “Listening Prayer” and “Prayer Walk”.

Read Matthew 6:6-18, 9:14-17; Luke 2:36-39; Acts 9:9, 13:3, 14:23.

9. What do you learn from these verses regarding fasting?

10. Is fasting something believers in Christ should do? Why or why not?

Read Exodus 20:8-11.

11. What does it mean to “Remember the Sabbath day, to keep it holy”?

12. What are ways that you are (or can be going forward) keeping the Sabbath holy?