

A dramatic landscape photograph featuring a sunset or sunrise over a range of rugged, dark mountains. The sky is filled with textured, golden-yellow clouds, and a bright sun is visible on the left side. A large, semi-transparent diamond shape is centered over the image, containing the word "PRAYER" in a white, serif font. A thin white horizontal line is positioned below the text. Three thin white diagonal lines are also present: one extending from the bottom left towards the center, another from the top right towards the center, and a third from the bottom left towards the top right.

PRAYER



PRAYER

"UP"
LUKE 5:16 NIV



Luke 5:16 NIV

¹⁶ But Jesus often withdrew to lonely places and prayed.

PRAYER

**Prayer is an opportunity to grow
in our relationship with God.**



PRAYER

Adoration



PRAYER



Adoration

Psalm 145:3 NIV

³ Great is the LORD and most worthy of praise; his greatness no one can fathom.



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- Extraordinary in the ordinary



Adoration

Psalm 145:3 NIV

³ Great is the LORD and most worthy of praise; his greatness no one can fathom.

- Extraordinary in the ordinary
- Practicing God's presence

Thanksgiving



PRAYER



Thanksgiving

1 Thessalonians 5:16-18 NIV

¹⁶ Rejoice always, ¹⁷ pray continually,
¹⁸ give thanks in all circumstances; for this
is God's will for you in Christ Jesus.



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- Start with thankfulness



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- Start with thankfulness
- Train of thankfulness



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- Start with thankfulness
- Train of thankfulness
- Continual Prayer



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¹⁶ Rejoice always, ¹⁷ pray continually,
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- Start with thankfulness
- Train of thankfulness
- Continual Prayer
- Awareness

Confession / Repentance



PRAYER



Confession / Repentance

1 John 1:9 NIV

⁹ If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

PRAYER



Confession / Repentance

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- I have sinned



Confession / Repentance

1 John 1:9 NIV

⁹ If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

- I have sinned
- Turn away

PRAYER

Rest



PRAYER



Rest

Matthew 11:28 NIV

²⁸ “Come to me, all you who are weary and burdened, and I will give you rest.



Rest

Matthew 11:28 NIV

²⁸ “Come to me, all you who are weary and burdened, and I will give you rest.

- In presence



Rest

Matthew 11:28 NIV

²⁸ “Come to me, all you who are weary and burdened, and I will give you rest.

- In presence
- In promise



Rest

Matthew 11:28 NIV

²⁸ “Come to me, all you who are weary and burdened, and I will give you rest.

- In presence
- In promise
- In peace

Sacramental Prayer



PRAYER



Sacramental Prayer

1 Timothy 1:17 NIV

¹⁷ Now to the King eternal, immortal, invisible, the only God, be honor and glory for ever and ever. Amen.



Sacramental Prayer

1 Timothy 1:17 NIV

¹⁷ Now to the King eternal, immortal, invisible, the only God, be honor and glory for ever and ever. Amen.

- Heart



Sacramental Prayer

1 Timothy 1:17 NIV

¹⁷ Now to the King eternal, immortal, invisible, the only God, be honor and glory for ever and ever. Amen.

- Heart
- Relationship

Contemplative



PRAYER



Contemplative

Psalm 62:1 NIV

¹ Truly my soul finds rest in God;
my salvation comes from him.

PRAYER



Contemplative

Psalm 62:1 NIV

¹ Truly my soul finds rest in God;
my salvation comes from him.

- Listening

PRAYER



Contemplative

Psalm 62:1 NIV

¹ Truly my soul finds rest in God;
my salvation comes from him.

- Listening
- Journaling

Meditative



PRAYER



Meditative

Philippians 4:8 NIV

⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

PRAYER

Questions:



PRAYER



Questions:

1. How would I describe my prayer life?



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3. What are some things that I can do to practice more prayer in my life?



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2. Do I resonate with one, or more, of the elements of UP prayer?
3. What are some things that I can do to practice more prayer in my life?
4. Who can help me do this?



