

## **“Praying Like Monks, Living Like Fools” by Tyler Staton Chapter 1: “Holy Ground-Pray As You Can”**

Spending time with God can make you enjoy his company. Walking the school.

Start something. A school Bible study.

Pray about Everything

“...And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” – Paul to the church at Philippi

Don't be anxious about anything. Do you find yourself anxious about something in your life?

There is the promise of “peace for anxiety” through prayer.

### **Why Don't We Pray?**

1. Time – too busy to pray. What is keeping you busy?
2. Prayer doesn't work for us.
  - a. Fear of Being Naïve – Prayer is risking to have hope, to trust in another.
  - b. Fear of Silence – not trusting that God is there, and cares.
  - c. Fear of Selfish Motives – self doubt
  - d. Fear of Doing It Wrong – not knowing it is a conversation with God, not a rhythmic poem

### **Why Should We Pray?**

1. Because You Are Overwhelmed
  - Society says don't trust others, don't trust God, only trust yourself
  - Everyone is drowning in their own thing.
  - God just becomes another “thing” in our lives.
2. Because Trust Comes Before Faith
  - Trust is the confidence in the character of God.
  - Faith is the assurance of what we hope for.
  - We build a wall from the very God we pray to.
  - Trusting the God revealed in Jesus means silence is real, but it's not forever.
  - Trust is the certainty that God hears and cares.
3. Because Complaints Are Welcome
  - God loves honesty.
  - An honest conversation shows a true relationship.
4. Because the Only Way to Get it Wrong is by Trying to Get it Right
  - “If you are praying, you are already doing it right.”