

at HOME

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PRAAYER

*Where Presence
Becomes Home*

**“In a noisy and anxious world,
prayer is the return to stillness,
presence, and inner peace.”**



Dear Friends,

Prayer is not only something we do - it is a place we live.

It is where we return, again and again, to the presence of our God. Jesus Himself “often withdrew to lonely places and prayed.” Luke 5:16, not just to speak, but to be. Prayer becomes less about words and more about awareness.

WHERE WE SEE THIS IN SCRIPTURE

- Jesus (Luke 5:16) Regularly withdrawing from crowds and responsibilities to spend quiet time with the Father, showing us the importance of solitude and communion with God.
- The Lord’s Prayer (Matthew 6) Jesus, teaching prayer not as performance but as a sincere and intimate connection with God.
- Elijah (1 Kings 19) Encountering God not in power or noise, but in a gentle whisper, reminding us that God is often found in stillness.

WHY IT MATTERS TODAY

Prayer offers a return to stillness in a world that often feels noisy and overwhelming. It creates space to sit quietly, to breathe deeply, and to become aware of God’s presence in the middle of everyday life. Whether through moments of silence, simple prayers throughout the day, or learning to listen rather than speak, prayer gently reshapes us - bringing peace, clarity, and a deeper sense of connection over time.

Scripture to sit with if you want to go deeper, Psalm 46:10, Philippians 4:6-7, Romans 8:26

LET'S PRAY

Father, teach me to come to You just as I am. In the noise of my thoughts and the weight of my days, lead me into quiet and stillness.

Help me release what I carry and rest in Your presence.

Form me in deeper awareness of You - not just in moments of prayer, but throughout my day.

In the matchless name of Jesus Christ, our soon-coming King we pray, Amen.

A GUIDED MEDITATION

Sit in a quiet place and take a slow, deep breath.

As you breathe in, think: "Be Still" -- As you breathe out, think: "and know."

Let the breathing become slow and natural.

If your mind wanders, that's okay - just come back to the words.

And after a minute or two, if you'd like, you can let go of the words and simply sit in quiet.

Rest there.

We would love to hear from you. If this message met you in a meaningful way, or if you have been reflecting, praying or simply sitting with these words, we invite you to reach out.

You can call the church office # (316) 942-1491 or send me an email anytime – kate.green@asburychurch.org. Your thoughts and experiences are a gift to us.

With Love,

Kate Green, the Asbury Staff, and your Asbury Church Family



asbury @ church

We will be praying for you!

Sunday Worship -- 8 and 10:30am
Watch Anytime by scanning this QR Code with your phone!

better together

Facebook, X, Instagram, YouTube icons

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