



Renew Reconnect Prayer Workshop

Welcome to our Prayer Workshop!

Though most of us have prayed at one point in your lives, we all can probably explore ways to make our times of prayer more meaningful. This workshop is designed to help us develop a deeper, more intentional prayer life. A great way to renew our mind, detox from conflicting cultural messages and ultimately grow closer to God is through regular prayer. Though God does not need our prayers, He undoubtedly delights in our desire to grow closer in our relationship with Him.

Each station in this workshop invites us to discover a different way to talk with God. Regardless of the format, keep things simple- no fancy words or lengthy expressions are necessary. Remember, God values a sincere heart. After each exercise take a few minutes to sit silently to listen to what the Holy Spirit may be revealing to you. For the purposes of this exercise, you will stay at each station for 5-10 minutes, then rotate to the next station. At home you can “detox” anytime by doing one or more of these “stations” throughout your day.



Station 1: Read Scripture

The Psalms or Proverbs are a great way to express our emotions and response to those emotions through praise. Read one or more of the following Psalms. Sit silently for a moment. Reread the passage noting any words or phrases that particularly stand out. What truths are you noticing? See if you can notice any of these Psalms next time you attend Divine Liturgy, Soorp Badarak.

Psalm 100:

¹ Make a joyful noise to the LORD, all the earth.² Worship the LORD with gladness; come into his presence with singing.³ Know that the LORD is God. It is He that made us, and we are his, we are his people, and the sheep of his pasture.⁴ Enter his gates with thanksgiving, and his courts with praise. Give thanks to him, bless his name.⁵ For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations.

Psalm 93:

The LORD is king, he is robed in majesty; the LORD is robed, he is girded with strength. He has established the world; it shall never be moved;² your throne is established from of old; you are from everlasting.³ The floods have lifted up, O LORD, the floods have lifted up their voice; the floods lift up their roaring.⁴ More majestic than the thunders of mighty waters, more majestic than the waves^[a] of the sea, majestic on high is the LORD!⁵ Your decrees are very sure; holiness befits your house, O LORD, forevermore.



Psalm 26:

¹ Vindicate me, O LORD, for I have walked in my integrity, and I have trusted in the LORD without wavering.² Prove me, O LORD, and try me; test my heart and mind.³ For your steadfast love is before my eyes, and I walk in faithfulness to you.⁴ I do not sit with the worthless, nor do I consort with hypocrites; ⁵ I hate the company of evildoers, and will not sit with the wicked.⁶ I wash my hands in innocence, and go around your altar, O LORD,⁷ singing aloud a song of thanksgiving, and telling all your wondrous deeds.⁸ O LORD, I love the house in which you dwell, and the place where your glory abides.⁹ Do not sweep me away with sinners, nor my life with the bloodthirsty,¹⁰ those in whose hands are evil devices, and whose right hands are full of bribes.¹¹ But as for me, I walk in my integrity; redeem me, and be gracious to me.¹² My foot stands on level ground; in the great congregation I will bless the LORD.

Psalm 43

¹ Vindicate me, O God, and defend my cause against an ungodly people; from those who are deceitful and unjust deliver me! ² For you are the God in whom I take refuge; why have you cast me off? Why must I walk about mournfully because of the oppression of the enemy? ³ O send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling.⁴ Then I will go to the altar of God, to God my exceeding joy; and I will praise you with the harp, O God, my God.⁵ Why are you cast down, O my soul, and why are you disquieted within me? Hope in God; for I shall again praise him, my help, and my God.



Station 2: Sing Hymns (Sharagans) or songs of faith.

Scientists now are learning that singing improves your mood and is highly effective in relieving stress and improving sleep. It's no wonder we're commanded to, sing "to the Lord, praises, joyfully, etc. over 121 times in the Bible! Singing helps us worship in a way reading or saying the words of prayers cannot. Oh, and by the way, the Bible doesn't say *if you have a great voice sing.*" It says sing! That means all of us. For this exercise sing the Sharagan, Soorp Asdvadz. At home explore other hymns or songs of faith. Tune in to a Contemporary Christian Music station to explore a variety of genres of music from artists like, Toby Mac, Mercy Me, Lauren Daigle, Casting Crowns, etc.

Սուրբ Աստուած



Սուրբ Աստ-ուած, սուրբ եւ հը-զօր, սուրբ եւ ան - մահ,
soorp asd - vadz soorp yev hu - zor soorp yev an - mah



նր յար - եար ի մե - ռե - լոց. ն - դոր - մեա մեզ:
vor har - yar ee me - re - lots vo - ghor - mya mez



ն - դոր - մեա մեզ:
vo - ghor - mya mez

Սուրբ Աստուած, սուրբ եւ հզօր, սուրբ եւ անմահ,

Soorp Asdvadz, soorp yev hzor, soorp yev anmah,
Holy God, holy and mighty, holy and immortal,

նր յարեար ի մեռելոց, ողորմեա մեզ:
vor haryar ee merelots, voghormya mez:
who rose from the dead, have mercy upon us:

Holy God, Holy and mighty,
Holy and immortal, who rose from the dead, have mercy on us.



Station 3: Pray privately

Prayer simply is communication with God. We can pray whenever, wherever we are. It is no wonder we are told in 1 Thessalonians 5:16-18 to, “rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.” Not sure what to pray? Use the Lord’s Prayer as a template. The acronym, **A.C.T.S.** can help you remember the different aspects of this prayer. For this exercise, go through the acronym as you privately talk with God. Then sit still and listen.

A= Adoration- Tell God what is great about Him, i.e., Our Father, He is all loving, all powerful, all knowing, etc.

C= Confession- Confess the times when you have fallen short from God’s ideal. Ask the Holy Spirit to reveal what you may need to confess.

T= Thanksgiving- Thank God for all He has blessed you with.

S= Supplication- Ask God for what you need or for the needs of others.



Station 4: Journaling

Writing our prayers is another way to open our hearts before God in conversation. For some, writing is a great way to stay focused while praying. You can use the A.C.T.S. format or simply date your entry and write what is on your heart. Some prayer journals you can purchase are formatted in three columns, one on the left where you write today's date, a center column where you write your prayers down and a third column on the right where you note the date your prayer is answered. This format is designed to help us remember all the times God has faithfully answered our prayers with a yes, no, or not now. For today's exercise, write your prayers in the three-column format. Divide any notebook into three columns to try this at home.

Today's Date:

Prayer:

Date Answered:



Station 5: Pray with one another

We often pray together in large groups. Divine Liturgy, Soorp Badarak, is a perfect example of us gathering to raise our voices in unified public prayer. We can also pray with one or two people in a more private setting. There is something quite amazing about knowing someone else is praying with you, lifting your cares, concerns, and praises to God with you.

For this exercise find a partner or two and pray with one another. You can say a prayer you all know like, The Lord's Prayer, Hayr Mer, or you can take turns talking to God as you would to one another. If you are still having a hard time knowing what to pray, ask the Holy Spirit to reveal what it is you can pray about.



Follow-up Questions:

1. Which format of prayer was new for you? What did you like/dislike about each format?
2. Was it hard/easy to stay in your station for the allotted time? Why?
3. Which of these forms of prayer are you willing to add to your daily routine?
4. How did you feel after each station? At the end of all the stations?
5. Which of these stations do we do during Divine Liturgy, Soorp Badarak?
6. Why do you think our Church Fathers established seven hours of prayer? What benefits do you see in praying throughout the day?
7. How is prayer like a gift to us from God? What are some ways we can accept, open and use this gift He's given us?