

# CATALYST

A PRAYER INVITATION



Ambassadors For Christ  
In Canada

加拿大  
基督使者協會

# CATALYST

A PRAYER INVITATION

"14 This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. 15 And if we know that he hears us—whatever we ask—we know that we have what we asked of him."

**1 JOHN 5:14-15**

Prayer is a catalyst: it provokes a transformation within us as we consent and engage into God's presence and action. With the current circumstances of our world, our immediate response is to fear and the desire to be in control of our own lives. Instead, our first response should be turning to Him in prayer.

As a response to these global and divisive issues, AFC has created an initiative: "Catalyst: A Prayer Invitation" to provide a monthly prayer guide on relevant topics, and an opportunity to explore various forms of prayer such as centering, repetition, thanksgiving, corporate and more.

Every month, we will be introducing a new form of prayer along with a topic and theme based on relevant needs throughout the year. With these resources, it will help as a guideline for your journey of a more prayerful life and see the importance of prayer

**AUGUST** : FREEDOM & JUSTICE

**SEPTEMBER** : STUDENT LIFE

**OCTOBER** : GRATITUDE

**NOVEMBER** : MENTAL HEALTH

**DECEMBER** : IDENTITY & PURPOSE



AUGUST

# FREEDOM AND JUSTICE

A PRAYER IN SILENCE

## WEEK 1: BEING COMFORTABLE WITH SILENCE

### Have you ever been in a situation where there was an “awkward silence”?

Many people find silence uncomfortable. We often see it as a lack of something and a void to be filled with whatever distraction is most readily available.

When we are silent in prayer, it can be an uncomfortable feeling at first. But silence isn't a means to an end. It is not about waiting for the “real” prayer to start or waiting for God to say something.

**Silence can be the prayer itself.** When we enter into a time of silence with God, we are deepening our relationship with Him and sitting in His presence, knowing we are held, known, and loved by Him.

"SEARCH ME, GOD, AND KNOW MY HEART;  
TEST ME AND KNOW MY ANXIOUS THOUGHTS."

PSALM 139:23

Rather than trying to fill up times of silence, be present in the moment and enjoy your time with our God who knows who we are and what's on our heart.

**ACTION:** Read Psalm 139. Then spend time in silence, resting in God's presence

God has created each of us uniquely and purposefully. Pray about where God may be calling you to use your gifts, passions, personality, and resources to increase Freedom and Justice in our world. Who can you partner with on this journey?

AUGUST

# FREEDOM AND JUSTICE

A PRAYER IN SILENCE

## WEEK 2: WELCOMING YOUR EMOTIONS

In this session, we are going to learn how to respond and to confront our unpleasant emotion/experiences by bringing and surrendering the injustices in our life before God

### Welcoming Prayer

**Focus:** Before you begin, pick a topic or current world issue that has been on your mind lately. Notice the unpleasant emotions you feel and choose one of the emotions to focus on today as you enter into a time of Welcoming Prayer.

- Once you have decided on your emotion, be present with that emotion by noticing where your body holds the emotion
- For example, if you feel anxiety, you could have a knot in your stomach, accelerated breathing or dry mouth

**Welcome:** Our normal response to this unpleasant emotion is to avoid the confrontation and resist them.

- Begin by gently and simply saying “Welcome [your emotion]” to allow the emotion to be present in our body
- In this way, we begin to remove the power of the emotional experiences that we have by disrupting our peace

**Surrender:** When we surrender, it is not letting go negative feelings but releasing our desire for control.

- When we trust in God for uncontrollable situations, we have faith and surrendering before God in prayer and in his Presence

**ACTION:** Enter into a time of silence and pray that God would open your heart to understand true freedom and justice.

Silence can be intentional when we allow and give God the space to fill us as we empty ourselves. What did you notice when you brought your emotion before God?

AUGUST

# FREEDOM AND JUSTICE

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## WEEK 3: THE SECRET PLACE

If you've ever found it difficult to focus while praying - you're not alone. There are many distractions around us externally (noise, phones, food, video games) and internally (wandering thoughts, worries, fears)

"BUT WHEN YOU PRAY, GO INTO YOUR ROOM AND SHUT THE DOOR AND PRAY TO YOUR FATHER WHO IS IN SECRET. AND YOUR FATHER WHO SEES IN SECRET WILL REWARD YOU."

**MATTHEW 6:6**

Find a quiet and private location that you can call your "secret place" to meet with God every day. Once you have found a "**secret place**", quiet your mind by "shutting the door" on your wandering thoughts and set an amount of time you will dedicate to prayer.

Take some time to be still and silent before God. As you enter into both an external and internal "secret place", you will be able to be disciplined and concentrated on praying to God.

**ACTION:** Read Psalm 33 and then take the time to be in silence and as you pray think about the questions of:

- What does freedom and justice mean to you?
- What Bible passages come to mind when you think about freedom and justice?

AUGUST

# FREEDOM AND JUSTICE

A PRAYER IN SILENCE

## WEEK 4: THE POWER OF SILENCE

### Was there ever a time when you can't find the words to say in prayer?

Prepare to spend this time in centering prayer as you rest in God's presence in the wordless expression and releasing any thoughts that enter our mind.

### Centering Prayer

**Sacred Word Prayer:** Select a word that connects you and God in love or that reminds you of your intention as you enter into God's presence.

- The chosen word is neutral, but it is what your intent is that makes it sacred
- Word Choice: favourite name of God, word that opens you to God, characteristic of God (ex. Abba, father, trust, faith, peace, joy, etc.)

**Sit in Quietness:** Find a comfortable spot where you can be still for a long while.

- Set aside 5-10 minute of your time during your day
- Have a brief worded prayer asking for help and declaring your intention of being present to God who is present to you in love
- With eyes closed, silently introduce the Sacred word as consent to God's presence and action within you

**God's Presence:** Turn your attention to God's presence within you, simply be with God.

- Be open in faith as God dwells in the center of your being
- You do not need to do anything more to get God's attention or to enter into his presence
- When you become aware of anything, return to God with the prayer word as way to return to being with God in stillness

**ACTION:** Spend 5-10 minutes practicing the Centering prayer in order to surrender and rest in God. How do you feel after your prayer moment? Do you feel well-rested in God's presence?