

# Cultivate Reflection Guide

## How to Pray: Prayer and Worship Experience Campus Pastors | July 30-31, 2022

[WATCH](#) | [DOWNLOAD](#)

Our Reflection Guide is a tool to help you grow spiritually wise, relationally kind and emotionally healthy. Use it to start a REAL conversation in community or to cultivate God's word into your life through personal bible study. Choose the questions that encourage you to reflect and respond to what we're learning. Pair it with your bible, a journal or any resource that helps you learn. *It's not about getting through the content, but getting the content through you!*

---

**Reflect:** This weekend at Sandals Church we lived out what we've been learning through our "How to Pray" series by engaging in a prayer and worship experience. If you missed the weekend service or want a second look, click the "watch" link above for an online experience with Dan Crowley, our Spiritual Formation Pastor.

Alongside a time of worship, our campus pastors provided structure for our prayer experience using the acronym, **ACTS**. This simple practice helps to guide our conversation with God – it creates a rhythm and flow that allows us to both express our heart and listen for God's heart.

Adoration – loving God for who He is

Confession – admitting to God when we've made a mistake

Thanksgiving – thanking God for what He's done for you, in you, through you

Supplication – asking God for what we need or to supply needs for others

### Respond:

1. Which element of our prayer experience was most life-giving, comforting or encouraging to you?
  - How can you cultivate that moment into your week or even into your ongoing practice of prayer?
  - Is there a next step you want take to pursue that? This could involve you personally or even include others as you pursue community and connection alongside your spiritual family.
2. Were there any elements of the prayer experience that felt challenging to you? Maybe you found your mind wandering, you grew uncomfortable, insecure or even unsure about how to engage.
  - Why do you think that was? There's no wrong answer here, but it's worth our time to lean in and learn. It could be as simple as a short attention span or more significant, like God trying to get our attention.
3. Reflect back on [Hebrews 4:15-16](#) from last weekend and be reminded that our weaknesses are covered by God's generous grace and mercy. Do you have any unfinished business with God? This could be something you want to surrender in confession, a point of gratitude or thankfulness or an area where you want to experience growth, a change in perspective or renewed hope and faith.
4. [Read Philippians 4:18-19](#). Contentment comes when we trust that God can and will supply our greatest needs. But if we look around, rather than look up, comparison can leave us feeling like we're lacking – or even more so, that God has withheld a blessing. Is there anywhere in your life you're wrestling with comparison or discontent? Tell God and then ask Him to help you see what you truly need, and trust that He will provide it.

**Prayer:** Jesus, I love you. I'm so grateful that you see me and know me, that you love me even when I feel unlovable or unworthy. Search my heart and show me anywhere where my life is not aligned with your will. Give me the courage to be REAL with myself and with you as I confess those hidden places that you already see within me. Thank you for working in my life, in my circumstances and in my relationships. Thank you for knowing and providing for my deepest needs. Amen.