



faith life and learning

A Prayer Exercise

By Carrie Akemann
Senior Success Coach

Applying a Christian worldview occurs when our actions reflect our faith in Christ. It is not following a specific blueprint or step-by-step instructions; rather, it is everyday life that is inspired by a relationship with God.

The following exercise invites you to spend time with God by reading through a passage of Scripture three times, each time with a different focus. The hope is, with each reading, the Holy Spirit would speak into your life, offering encouragement, guidance and spiritual refreshment.

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

*Colossians 3:12–17
(New Revised Standard Version)*

Prayer Exercise

1. *Sit quietly in a space without distractions. Take a deep breath and say a simple prayer, asking for God to give you insight and wisdom for this time.*
2. *Read through Colossians 3:12–17. In this first reading, pay attention to the content of the passage. What words or phrases jump out at you? Consider these and spend a few minutes reflecting on them.*
3. *Say another prayer, asking God to speak into your heart and mind.*
4. *Read through Colossians 3:12–17 a second time. What thoughts and feelings arose from the reading? Did any of the sections spark curiosity or conviction? Spend a few minutes reflecting on these things.*
5. *Say a third prayer, asking God for wisdom on how you can apply this Scripture to your daily life.*
6. *Read through Colossians 3:12–17 a third and final time. How is God using the text to speak into your life? Are there any people or situations that come to mind? Write down any invitations from God and revisit these in the coming days. If an invitation comes in the form of correction, know that it is given in a spirit of love and not shame.*
7. *Say a final prayer of thankfulness, thanking God for His insight and love through the revelation of His living and active Word.*

Note: This type of exercise is modeled after Lectio Divina