

September 7, 2025

## Practicing Petitioning and Silence in Prayer

### Petitioning (Prayer):

- Bringing our requests and needs to God in prayer.
- Petition teaches dependence on God and aligns our will with His.
- Trusting God with everything from daily needs to big dreams.

### Silence in Prayer:

- Waiting quietly in God's presence.
- Stilling our own thoughts and words to listen for God's voice.
- Practicing surrender and patience.

### Practicing Petitioning:

- Create a daily prayer list.
- Turn anxieties into quick prayers.
- Incorporate Scripture into prayers.

### Practicing Silence in Prayer:

- Begin prayer with a few minutes of silence.
- Use a simple word to refocus when distracted.
- Try a 5-minute listening prayer exercise.

## Questions for Reflection

1. Do I spend more time talking to God or listening?
2. What concern should I start consistently bringing to God?
3. What fears arise in silence, and how can I surrender them?