

*Wednesday, January 18*

*Pausing to Consider Praying on Purpose for  
My Church  
Pastor Dean Nelson, Jackie Hall, Amy Strom*

*This night will be focused on presenting specific prayer concerns of our church and encouraging participants to commit to praying for these concerns. A short teaching will be given on what it means to be a part of a Prayer Shield and praying for our pastors, elders, and church leaders. And a short time will be given to explain what "Arrow Prayers" are and how effective they can be to support specific ministry emphasis like the upcoming "50 Day Crazy Love Spiritual Adventure."*

*EVENING FORMAT: 20 minutes teaching, 5 minutes for questions, breakouts in groups or as individuals at prayer stations set up to highlight specific ministries within our church.*

*Wednesday, January 25*

*Pausing to Consider Who We Are in Christ  
Pastor Dean Nelson, Jackie Hall, Amy Strom*

*"I can believe that God listens to your prayers, but does he listen to mine? Does God like me? Or does He simply tolerate me? Often our view of ourselves can affect our prayer lives. How can we learn to view ourselves as God views us?"*

*EVENING FORMAT: 20 minutes teaching, 20 minutes of guided sharing, 15 minutes for questions, 10 minutes to close.*



2012

# *Faith & Life Series*

*Wednesdays, January 4 - 25, 6:30 p.m.*

*Conversations where  
Faith comes to Life*

*The Faith & Life series are open and welcoming public forums of discussion and learning. We invite you to come and be a part of this year's focus:*

*Selah:*

*Pausing to Pray in a  
Rush Hour Life*



## *Selah: Pausing to Pray in a Rush Hour Life*

*With the demands on our lives each day, many of us don't have a moment to ourselves. The four Wednesday nights in January will focus on prayer. We will take time to stop, pause with purpose, and pray. Selah is a musical mark of instruction meaning to stop and listen, pause and reflect. When was the last time you paused? In the rush hour traffic of life, will you take a moment to Selah? Pause. Stop, but don't just stop. Pause with purpose. And pause and pray.*

*These four nights are designed to provide safe environments for sharing, learning and experiencing prayer. In the New Year make space to develop a lifestyle of pausing to pray!*

*Our prayer themes will include:*

*January 4: Pausing to Consider What I Believe About Prayer*

*January 11: Pausing to Consider Our View of God*

*January 18: Pausing to Consider Praying on Purpose for My Church*

*January 25: Pausing to Consider Who We Are in Christ*

*Wednesday, January 4*

*Pausing to Consider What I Believe About Prayer*  
*Pastor Dean Nelson, Jackie Hall, Amy Strom*

*Early experiences of prayer and subsequent teachings on prayer have created in us a set of beliefs about prayer. The purpose of this night is to become more aware of what we personally do believe about prayer (and not to convince others what to believe). Come open to listen to others, their wisdom, and allow their experiences to stimulate your own wonder around prayer.*

**EVENING FORMAT:** *20 minutes teaching, 20 minutes of guided sharing, 15 minutes of asking questions, 10 minutes to close in prayer led by presenter.*

*Wednesday, January 11*

*Pausing to Consider Our View of God*  
*Pastor Dean Nelson, Jackie Hall, Amy Strom*

*"I think I want to pray. I keep trying to pray but then I get stuck or feel anxious because I am not praying correctly." Feeling stuck or being fearful can indicate confusion about who God is. Is the God of our understanding and our experience a God who welcomes us into relationship? Or do we experience God as remote and judgmental, unable or unwilling to respond to our prayers? Many of us can say we believe in a loving and forgiving God. But are there old images of God that need to be healed before we can pray from a deeper place of trust?*

**EVENING FORMAT:** *20 minutes teaching, 20 minutes of guided sharing, 15 minutes of asking questions, 10 minutes to close in prayer led by presenter.*