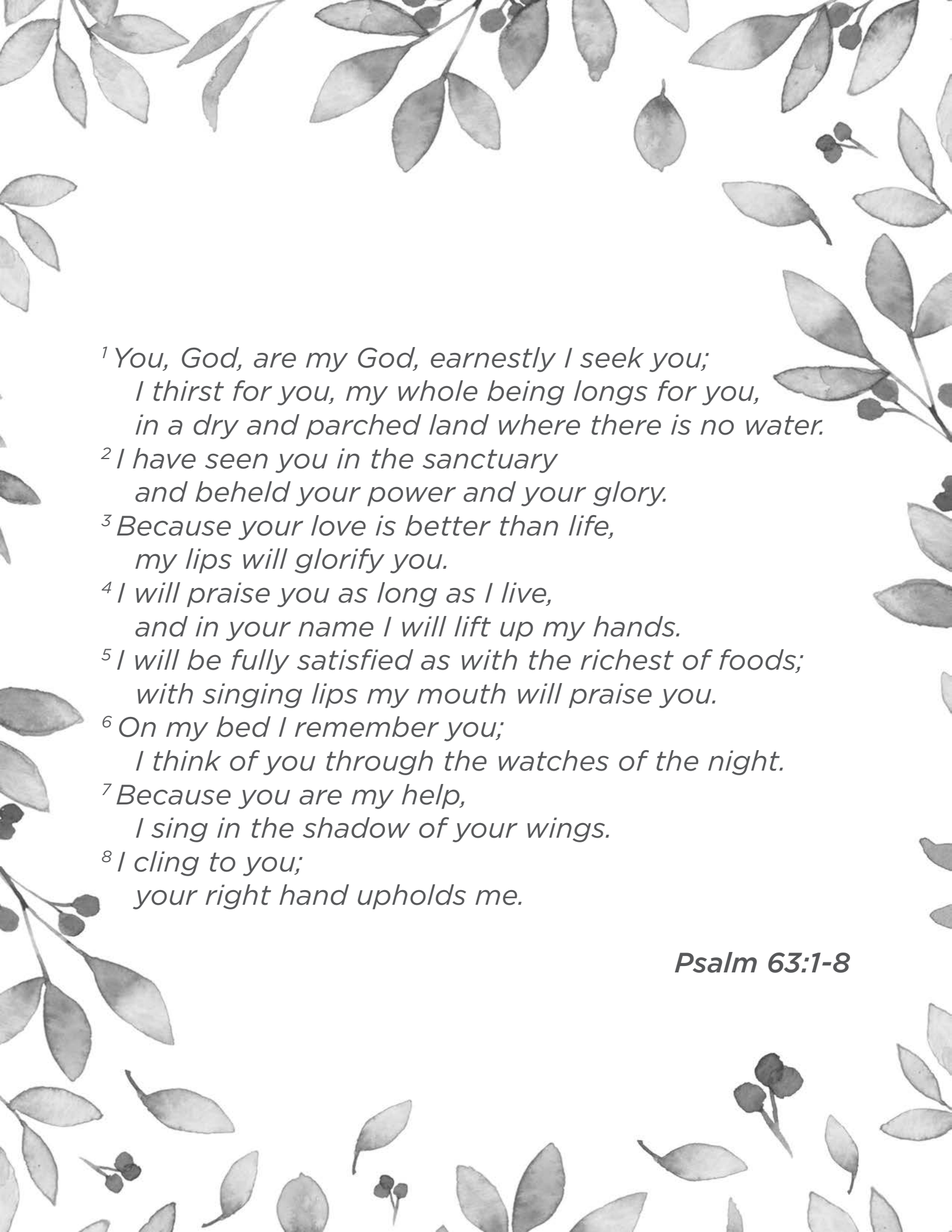




# Ladies'

Night Out

MARCH 5TH 2018



<sup>1</sup> You, God, are my God, earnestly I seek you;  
I thirst for you, my whole being longs for you,  
in a dry and parched land where there is no water.

<sup>2</sup> I have seen you in the sanctuary  
and beheld your power and your glory.

<sup>3</sup> Because your love is better than life,  
my lips will glorify you.

<sup>4</sup> I will praise you as long as I live,  
and in your name I will lift up my hands.

<sup>5</sup> I will be fully satisfied as with the richest of foods;  
with singing lips my mouth will praise you.

<sup>6</sup> On my bed I remember you;  
I think of you through the watches of the night.

<sup>7</sup> Because you are my help,  
I sing in the shadow of your wings.

<sup>8</sup> I cling to you;  
your right hand upholds me.

**Psalm 63:1-8**

# Becoming

A DISCIPLE THROUGH PRAYER

## **BECOMING A DISCIPLE THROUGH PRAYER**

The spiritual discipline of prayer -- something that is a gift for our peace and freedom -- becomes an anxiety-provoking matter filled with the ugly stuff of obligation.

Prayer is accessible and portable. It can be carried with us. It's flexible and long reaching to squeeze in and reach down into the crevices of our locked up spaces.

Our practice of prayer will ebb and flow, rise and fall, change in its form, like anything of beauty in our world, but the steadfastness of our access to our good Father will remain.

## **ON THE TABLE FOR THE TAKING**

We all long to connect on a spiritual level and hear from something outside ourselves, something greater.

Wherever you are with prayer, you are welcome at this table, to take and eat. Taste and see that the Lord is good.

## **DEVELOPING A TASTE FOR PRAYER**

Let us learn to trust the Lord's grace in the process, as we mature to enjoy the taste of prayer for its glorious purpose and benefit. As we press in and learn to experience the beautiful fellowship and benefits of the Father's communion with us, as our souls are stirred out of their lethargic slumber. Prayer awakens us.

Begin where you are and be willing to rest in the hope and vision of where you are going, our goal is FULL communion with our Heavenly Father.

## **LORD TEACH US TO PRAY**

Scripture tells us to pray without ceasing...Pray all times in the Spirit...Be constant in prayer...Remain steadfastly in prayer... Prayer is intended to be a rhythm of life, like breathing.

### **Our Father**

Abba Father is a term that means close and endearing daddy, it's less of a reverent term and more of an intimate one. We have the same access to the Father that Jesus had.

God is not distant in a throne room, He is approachable, kind, patient, attentive, responsive, tender, forgiving, helpful. He is ready to hear us, intervene, protect, hold, teach and sit in our joys and sorrows. He is inviting us into His purposes and ready to embrace us closely when we reach for Him.



## HEART OF AN ORPHAN VS HEART OF SONSHIP

John 14:18 - "I will not leave you as orphans; I will come to you."

THE HEART OF AN ORPHAN		THE HEART OF SONSHIP
See God as Master	IMAGE OF GOD	See God as a loving Father
Independent / Self-reliant	DEPENDENCY	Interdependent / Acknowledges Need
Live by the Love of Law	THEOLOGY	Live by the Law of Love
Insecure / Lack peace	SECURITY	Rest and Peace
Strive for the praise, approval, and acceptance of man	NEED FOR APPROVAL	Totally accepted in God's love and justified by grace
A need for personal achievement as you seek to impress God and others, or no motivation to serve at all	MOTIVE FOR SERVICE	Service that is motivated by a deep gratitude for being unconditionally loved and accepted by God
Duty and earning God's favor or no motivation at all	MOTIVE BEHIND CHRISTIAN DISCIPLINES	Pleasure and delight
"Must" be holy to have God's favor, thus increasing a sense of shame and guilt	MOTIVE FOR PURITY	"Want to" be holy; do not want anything to hinder intimate relationship with God
Self-rejection from comparing yourself to others	SELF-IMAGE	Positive and affirmed because you know you have such value to God
Seek comfort in counterfeit affections: addictions, compulsions, escapism, busyness, hyper-religious activity	SOURCE OF COMFORT	Seek times of quietness and solitude to rest in the Father's presence and love
Competition, rivalry, and jealousy toward others' success and position	PEER RELATIONSHIPS	Humility and unity as you value others and are able to rejoice in their blessings and success
Accusation and exposure in order to make yourself look good by making others look bad	HANDLING OTHERS' FAULTS	Love covers as you seek to restore others in a spirit of love and gentleness
See authority as a source of pain; distrustful toward them and lack a heart attitude of submission	VIEW OF AUTHORITY	Respectful, honoring; you see them as ministers of God for good in your life
Accusation and exposure in order to make yourself look good by making others look bad	HANDLING OTHERS' FAULTS	Love covers as you seek to restore others in a spirit of love and gentleness
See authority as a source of pain; distrustful toward them and lack a heart attitude of submission	VIEW OF AUTHORITY	Respectful, honoring; you see them as ministers of God for good in your life
Difficulty receiving admonition; you must be right so you easily get your feelings hurt and close your spirit to discipline	VIEW OF ADMONITION	See the receiving of admonition as a blessing and need in your life so that your faults and weaknesses are exposed and put to death
Guarded and conditional; based upon others' performance as you seek to get your own needs met	EXPRESSION OF LOVE	Open, patient, and affectionate as you lay your life and agendas down in order to meet the needs of others
Conditional & Distant	SENSE OF GOD'S PRESENCE	Close & Intimate
Bondage	CONDITION	Liberty
Feel like a Servant/Slave	POSITION	Feel like a Son/Daughter
Spiritual ambition; the earnest desire for some spiritual achievement and distinction and the willingness to strive for it; a desire to be seen and counted among the mature.	VISION	To daily experience the Father's unconditional love and acceptance and then be sent as a representative of His love to family and others.
Fight for what you can get!	FUTURE	Sonship releases your inheritance!

## WHAT HINDERS US FROM HAVING A PRAYING LIFE? OUR ORPHAN HEART KEEPS US FROM TRULY ACCESSING THE FATHER.

Once we have access, we adore Him, confess to Him, thank Him and make our requests known to Him.

Every aspect of our lives as disciples - our worship, our time in the Word, our rest--all hinges on our identity as children of the Father.

The orphan stands outside the house and begs. The child is welcomed to the table.

# DAILY PRAYER FOCUS

Use the following prompts to help you focus on putting together all you have learned so far about worship, Scripture and prayer. Use a personal journal or notebook each day to record your thoughts prayers, and additional scripture.

**Day #1: March 6** - Reflect on what you learned last night at LNO. What has your prayer life (or non-prayer life) been like? How can you move from where you are now to more of a PRAYING life in communion with your Father? Tell a friend, your accountability partner or mentor what your ONE FOCUS is and ask them to pray with you as you embark on this month. Ask God to help you grow and to speak to you over the next 28 days. Tell God your expectations of what you hope to get out of spending the next few weeks intentionally focusing on prayer.

**Day #2: March 7** - Read Matthew 6:5-13 out loud 3 times, focusing all your mind's attention and heart's affection on the words. Slow down; pause in between each read letting the words soak in. We're going to take the next 17 days to break down the Lord's prayer and focus on one word or phrase at a time. But for today, simply take in the whole passage and begin thinking about what it's teaching you about prayer.

\_\_\_\_\_

For the next 17 days, we will focus on one word or phrase from the Lord's prayer, remembering that this passage begins with "This is how you should pray".

We encourage you to use some or all of the following prompts to help you process, journal and pray each day.

1. What do these words mean to you?
2. What other Scriptures use these words and enhance your understanding of these words? (Use the concordance in the back of your Bible, Google, or Biblegateway.com to do a search and then read a few of the Scriptures and note the ones that stand out to you.)
3. Do you struggle or wrestle with these words? What do these words teach you about prayer?
4. Remember the spiritual pathways we talked about in January? Use one of them to worship in response to these words.
5. Write out a prayer sharing with the Lord what these words spoke to you.

**Day #3: March 8** - OUR FATHER

**Day #4: March 9** - IN HEAVEN

**Day #5: March 10** - HALLOWED BE

**Day #6: March 11** - YOUR NAME

**Day #7: March 12** - YOUR KINGDOM

**Day #8: March 13** - [YOUR KINGDOM] COME

**Day #9: March 14** - YOUR WILL BE DONE

**Day #10: March 15** - ON EARTH

**Day #11: March 16** - [ON EARTH] AS IT IS IN HEAVEN

**Day #12: March 17** - GIVE US THIS DAY

**Day #13: March 18** - OUR DAILY BREAD

**Day #14: March 19** - AND FORGIVE US OUR DEBTS

**Day #15: March 20** - AS WE ALSO HAVE FORGIVEN OUR DEBTORS

**Day #16: March 21** - AND LEAD US

**Day #17: March 22** - NOT INTO TEMPTATION

**Day #18: March 23** - BUT DELIVER US

**Day #19: March 24** - [DELIVER US] FROM EVIL

**Day #20: March 25** - Take a minute to process the following quote. "There is a moment between intending to pray and actually praying that is as dark and silent as any moment in our lives. It is the split second between thinking about prayer and really praying... How easy it is, and yet between us and the possibility of prayer there seems to be a great gulf fixed: an abyss of our own making that separates us from God." - Emilie Griffin

Now read all of *Matthew 6:9-13* out loud. Now read it again, focusing all of your mind's attention and heart's affection on the words as your prayer for today. Add in your own words/language using the deeper understanding and connection to the words based on what you've read and processed the past couple of weeks. Write it out as a personal prayer using your own words/language.

**Day #21: March 26** - Read *Psalms 63:1-8* out loud. If you've been working with us on memorizing this passage, put down your Bible (or LNO booklet) and recite it aloud. Use this passage as your prayer for today and worship in response to what these words mean to you.

**Day #22: March 27** - Look back through your Ladies' Night Out booklets and notes from the speakers. What are some of the things that have encouraged and/or challenged you? What are some Scriptures that you need to go back and read again? (All Scriptures used at Ladies' Night Out are listed on the back of each booklet.)

**Day #23: March 28** - Look back through your Ladies' Night Out booklets, specifically where you recorded your ONE FOCUS and answers to the ONE FOCUS questions. Overall, what has been the greatest challenge as you have focused on the spiritual disciplines of worship, Scripture (and Scripture memory), accountability/mentorship and prayer? Pray about these challenges and any possible future obstacles that could come up as you continue to become more disciplined in your spiritual life. What steps do you need to take in order to remove these obstacles?

**Day #24: March 29** - What does being a disciple mean to you? How has Ladies' Night Out encouraged you on your journey of becoming a disciple? In what ways have you seen spiritual growth over the past month(s)? How do you hope to continue growing? Take some time to pray through these things... Pray for the women around you who are also in process of becoming all that God has created them to be... Take a moment today to encourage a friend who you've seen some growth in over the past month(s).

**Day #25: March 30 (GOOD FRIDAY)** - Read *Mark 15:21-32*. Who is Jesus to you? Think on all that you know about his life on earth... what do his words and actions, miracles and life mean to you? Take some time to pray through the thoughts and feelings this brings up in you...

**Day #26: March 31** - Read *Mark 15:33-47*. What stands out to you from this passage? What does Jesus' death mean to you? Refer back to the days you meditated on a plea for forgiveness and deliverance... Take some time to pray through the thoughts and feelings this brings up in you...

**Day #27: April 1 (EASTER)** - Read *Mark 16:1-15*. What stands out to you from this passage? What does Jesus' resurrection mean to you? What can you do today (personally, corporately at church and with your family) to CELEBRATE? Take some time to pray through the thoughts and feelings this brings up in you...

**Day #28: April 2 (LNO)** - Let's go back to *Psalms 63:1-8*. Read it out loud. If you've been working with us on memorizing this passage, put down your Bible (or LNO booklet) and recite it aloud TWO times. What Has God done in your heart through meditating on and memorizing this passage over the past month(s)? Tonight is our last Ladies' Night Out. Praise God for who He is and all that He's done in your life. Thank him. Open your hands and ask Him to speak to you tonight about our final discipline: REST.

*Becoming*  
A DISCIPLE THROUGH PRAYER

## SCRIPTURE MEMORY

*"On my bed I remember you; I think of you through the watches of the night. Because you are my help, I sing in the shadow of your wings. I cling to you; your right hand upholds me."*

## Psalm 63:6-8

Use these pages to write out this month's Scripture as you practice memorizing it.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# ACCOUNTABILITY

## WHAT DOES IT MEAN TO BECOME A DISCIPLE?

A disciple is simply a follower... a student... a learner. Being a disciple is choosing to put ourselves in this posture of being open to learning, open for the Spirit to move in our hearts and in our lives. It's putting ourselves in a position to be trained through correction, molding and perfecting through discipline in order to build our character and deepen our faith. Being a disciple is not a product or an event. It's a journey, not a destination. Becoming a Disciple requires discipline and accountability.

## HOW DO WE INCORPORATE THESE DISCIPLINES INTO OUR LIVES?

This semester we are diving into becoming a disciple through worship, Scripture, prayer and rest. Each month, we will ask you to pick ONE FOCUS for the month, one way to incorporate that month's discipline into your daily life. Make it something doable that you can commit to daily but that will stretch you outside of your comfort zone.

We encourage you to have a mentor or accountability partner to check in on your progress throughout the month. If you do not already have that relationship built into your life, we hope you either connect with a small (*no more than 2-3*) group of friends to hold each other accountable, connect with some women at your table or let us pair you with a mentor/accountability partner for your journey.

## WHY DO I NEED A MENTOR/ACCOUNTABILITY PARTNER?

Mentorship and accountability are intentional relationships that we all need in our lives. These are relationships much like those Jesus' disciples had. We need a Peter (*accountability peer*) in our lives who is walking with us and is experiencing the same struggles. We need a Paul (*mentor*) to look up to and learn from because he is farther along in his journey. We even need a Barnabas (*mentee*) who we can pass along the wisdom we have learned from our trials and successes. We want to provide an avenue for you to experience these relationships in this season of becoming a disciple.

## HOW DOES THE MENTOR/ACCOUNTABILITY PROCESS WORK?

There is a ONE FOCUS card at your table to let us know how you're pursuing mentoring/accountability and how we can help. Use the following 2 pages of your booklet to record your ONE FOCUS for the month and track your progress. Use the questions for discussion with your mentor/accountability partner through each of the approximate 10-day increments.

We want to help you succeed in diving deeper into Spiritual Disciplines this semester together by providing these tools to help you on your journey!

*Becoming*  
A DISCIPLE THROUGH PRAYER

# ONE FOCUS

## MONTHLY CHALLENGE

This month I commit to \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Use these bubbles to mark the days you follow through with your ONE FOCUS.

SUN	MON	TUES	WED	THURS	FRI	SAT
		6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1 EASTER	2 COME TO APRIL'S LNO!					

### WHAT'S NEXT?

Use the questions on the next page to record your progress and have discussion with your mentor/accountability partner.

# QUESTIONS

## **DAYS 1-10** (*MARCH 6 - 15*):

How have you been successful in incorporating prayer into your daily routine?

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What changes have you seen in the past 10 days?

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What has been the biggest challenge during the past 10 days?

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What would you like to see happen in the next 10 days?

## **DAYS 11-20** (*MARCH 16 - 25*):

How have you been successful in incorporating prayer into your daily routine?

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What changes have you seen in the past 10 days?

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What has been the biggest challenge during the past 10 days?

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What would you like to see happen in the next 10 days?

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## **DAYS 21-30** (*MARCH 26 - APRIL 1*):

What has been the biggest challenge during the past 10 days?

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What have you learned about your prayer during these 30 days?

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In what ways will you continue to incorporate prayer into your daily routine going forward?

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# SCRIPTURE REFERENCES FROM TONIGHT

LUKE 11:1

I THESSALONIANS 5:17

EPHESIANS 6:18

ROMANS 12:12

COLOSSIANS 4:2

EPHESIANS 1:3-5

JOHN 14:18

EPHESIANS 2:3

MATTHEW 6:5-6

MATTHEW 7:7-8

ROMANS 8:15

## ANNOUNCEMENTS

- Join our Facebook Group at *facebook.com/groups/graceladiesnightout*
- Follow us on Instagram at *instagram.com/graceladiesnightout*
- Mark your calendars for our Final Ladies' Night Out on April 2nd

## RESOURCES

### BOOKS:

*With Christ in the School of Prayer* by Andrew Murray

*Habits of Grace* by David Mathis

*Fervent* by Priscilla Shirer

*Power of a Praying Woman* by Stormie Omartian (also Wife and Mother version)

*Prayer* by Richard J. Foster

*Spiritual Slavery to Spiritual Sonship* by Jack Frost

### ONLINE:

*PrayforAwakening.com - Awakening Prayer Guide*