

Rhythms of Grace –

Prayer: The Upward Connection

27 Sep 2026

Prayer can easily become something we schedule: a prayer meeting we attend, a quiet time we try to protect, or a list of things we pray about. These are good and necessary practices, but Jesus invites us into something deeper: not simply times of prayer, but a life lived in communion with the Father.

Reflect

Luke 5:12–16 – Jesus prays in the midst of ministry

Jesus has just healed a man with leprosy. His ministry is becoming increasingly demanding, and the crowds are gathering to hear him and receive healing. Yet we learn from Luke that:

“...Jesus often withdrew to lonely places and prayed.”

For Jesus, prayer is not an escape from ministry, it is what enables him to remain rooted in the Father while engaging with the needs of others. Prayer, therefore, is not simply something Jesus *does*. It is part of *who he is in relationship with the Father*.

Luke 11:1–13 – “Lord, teach us to pray”

The disciples don't ask Jesus to teach them *about* prayer. They ask him to teach them to pray. Jesus gives them a pattern beginning not with themselves but with God:

“Father, hallowed be your name, your kingdom come...”

Prayer begins by turning ourselves *upward*. We turn towards God, his name, his kingdom and his purposes. Only then do we bring our daily bread, our sins and our struggles.

And Jesus goes on to speak of persistence: *ask, seek, knock*.

Prayer is therefore both *relationship* and *dependence*. keep turning towards the Father because we trust that he hears and gives what is good.

Respond

Brother Lawrence, a 17th century monk, offers us a wonderfully practical challenge. His great insight was that prayer should not be confined to appointed moments. Working in a monastery kitchen, he sought to remain attentive to God in the ordinary business of life.

He wrote that he considered it a mistake to think that “the times of prayer ought to differ from other times.” His aim was to remain attentive to God's presence while working, and his set times of prayer became a continuation of that relationship.

Do we only pray when we are “at prayer”, or are we learning to live prayerfully?

Prayer meetings, personal prayer and praying together as a church community all matter. But these are rhythms that train us for something larger: *a life of communion with God.*

This week as you drive, walk, cook, work, clean, wait, listen or sit with someone, quietly turn your heart towards God:

“

Father, you are here.” “Help me.” “Thank you.” “Your kingdom come.” “Give me wisdom.” “I place this person in your hands.” Etc,

Prayer will become less about *going somewhere to meet God* and more about *learning to recognise that you are already in his presence.*