

Reflection Guide

The Way of Love with Bishop Michael Curry: Pray

“Spending time with God”

How to Use This Guide

For personal devotion

Listen to the podcast episode one or two times. Next, set aside 20 minutes of quiet time to reflect on the following Scripture and questions. Consider writing your responses to the prompts in a journal. Close your time in prayer.

As a group

Before you meet, ask members to listen to this episode. Open your meeting by sharing the Scripture. Next, you may either listen to the episode again as a group or move on to the Questions for Reflection. As a group, discuss your thoughts about and answers to the questions. Finally, close your time together with the prayer.

Scripture

Take a moment to read this passage (aloud if possible). What words or phrases jump out at you?

I Thessalonians 5:15-19

¹⁵ See that none of you repays evil for evil, but always seek to do good to one another and to all. ¹⁶ Rejoice always, ¹⁷ pray without ceasing, ¹⁸ give thanks in all circumstances; for this is the will of God in Christ Jesus for you. ¹⁹ Do not quench the Spirit.

Questions for Reflection

Use these questions for personal reflection, group discussion, or both.

1. During the conversation between host Kyle Oliver and Bishop Curry, several different forms of prayer are mentioned: the Daily Offices of Morning and Evening Prayer and Compline, as well as Centering Prayer. Take a moment to list all the ways that you have practiced praying in the past. What prayer practice do

you feel the greatest connection to? Why?

2. Bishop Curry keeps a prayer list on his mobile phone, a list that he often prays with slowly and intentionally in the morning. As he prays, he brings into focus the faces of each person, trying to see them as God sees them – with abundant love and affection. Bishop Curry says that this practice of noticing the details of each person brings a new awareness, slowing him down long enough to “pay attention to them and not just to check off the box.” How does this practice challenge or inspire you? How can you create a more intentional and slow practice of prayer?
3. During his recovery from a recent surgery, Bishop Curry discovered the Facebook resource Pop-up Prayer from the Rev. Katie Churchwell. This free resource helped him when he was unable to follow his standard prayer practices. Prayer, like all Way of Love practices, is meant to change and adapt according to your season of life. What season of life are you in, and what adaptations need to be made to your prayer life? Is there a resource you need help finding, or are you perhaps ready for a spiritual director or prayer partner? Offer up these requests to God today.

Prayer

Lord God, may we follow Christ’s teaching: coming before you with humble hearts, boldly offering our thanksgivings and concerns to you, and listening for your voice in our lives and in the world. Whether in thought, word or deed, individually or corporately, create an awareness within us, that when we pray we invite and dwell in your loving presence. Amen.