

Abba Father

Leader Direction: We would encourage playing some quiet instrumental music in the background to help your group settle in and focus. A great artist for this is William Augusto who you can find on Spotify or YouTube. Just playing it quietly on a phone or iPad is great. https://youtu.be/WAVO1_7cABU?si=bWNzpVf37TEk9cfy

In this prayer experience you will be interacting with three passages of Scripture (Mark 14:32-36, Romans 8:12-17, and Galatians 4:6.) We would encourage you to read these in a style known as *Lectio Divina* (Divine Reading). It simply means “listening” to God in the reading. Plan to read the passage three times slowly. The first time, just encourage your group to listen as you read the passage aloud. The final two times, encourage them to specifically listen for a keyword or phrase that might jump out of the passage to them as they are listening. Before you move into the suggested questions, give group members time to share what they heard and then pray those back to God.

Group Direction: In this guided prayer experience we are encouraging you and your group to talk to God in the intimacy Jesus radically invited us into. It challenges us to move beyond reverence alone, and into the type of nearness God has invited us into through Christ; as a daughter or as a son.

Abba is an Aramaic word intimately meaning, Daddy or Father. A term that carries a warm affection, intimacy, and respect for one's Father. The word Abba signifies the close, intimate relationship between a father and his child. It is the childlike trust that a young child puts in his “daddy.” Jesus called God “Our Father,” when He was teaching us how we ought to pray.

- Read Mark 14:32-36

What circumstances might you be facing currently, that you could take and lay before your Abba Father? Pray to Abba (Dad) and ask Him for strength or courage to face your circumstances. Tell Him your feelings and your struggles. Approach His throne the way one would tenderly approach their Dad/Daddy.

- Read Romans 8:12-17

As believers, we are called children of God having been given the Holy Spirit. You have a new relationship with God through faith and baptism and through the power of the Spirit. You are now a part of the family of God. Thank Him for receiving you as a child, a child He loves, blessed, and died to save.

- Read Galatians 4:6

As you close, take a few moments to find a position that is comfortable and allow yourself to relax in the Father's welcoming presence. Once you have relaxed, breathe in slowly while whispering "Abba"; then breathe out slowly and whisper, "I belong to you." Slowly and prayerfully repeat this for a few moments.

- End by reading the Lord's Prayer -

"Our Father in heaven, hallowed be your name.
Your kingdom come, your will be done, on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our debts, as we also have forgiven our debtors.
And lead us not into temptation, but deliver us from evil."

AMEN