

Visual Prayer and the Devotional Life

Sketchnotes - Connie Denninger

Reading about prayer is NOT necessarily a **PRAYER LIFE**.
Connie Denninger

Why Pray?

A relationship not a program.
Links our needs to God's infinite resources.
God's Invitation. Our Response.
Blessed by the power of the Holy Spirit. It is All Grace.
John Devries

Diagnosis -

Spiritual ADD and Spiritual Amnesia

I need a personal, spiritual

I - Individualized

E - Education

P - Plan.

What works for me?

MOVEMENT -

From working to: Master the Text

To allowing the: Text to Master Us

It is about giving up Control.

We let the **fear** of failure hinder our prayer life.

Just move. Let the Holy Spirit **surprise** you.

C. Denninger

Bible Journaling is simply "taking a selfie" of your time spent with God. Pat Maier

Challenges of the Devotional Life -

Universal. How To:

Slow Down

Pay Attention

Deal with Distractions

Lectio Divina -

Time to pray scripture - Let the Word of God speak to You. Listen. Rest.

"Slow Reading" "Divine Reading"

- Just start - Experiment with Visual Prayer. **PROCESS.**
- Give the Holy Spirit **SOMETHING** to work with.
- Six-month Review.
- What's working? What's NOT? Then **ADJUST**

FORMATION -

Christian spiritual formation is the process of being conformed to the image of Christ for the sake of others.
Robert Mulholland

Visual Prayer is **training** your Spirit to do these things at the same time:

Breathe

Color

Pray

Repeat

C. Denninger