

## **Living Extraordinary, Prayer-Filled Days**

As our days go, so do our lives and ministries. How can our we live in a prayerful, reflective frame of mind throughout the day? And how is technology hampering our devotion and keeping us shallow and distracted? This workshop will help you incorporate prayer at different times of your day, remain “spiritually online,” and craft daily, weekly, monthly, and yearly rhythms than maintain you grounded and alive.

**René Breuel** is the lead pastor of Hopera, a church in Rome, Italy. He has a MDiv from Regent College, Canada; a MSt in Creative Writing from Oxford University; and is the author of *The Paradox of Happiness*. He is married to Sarah and is the father of two boys.

### **1. Goal: Going Beyond “Quiet Time” and Thanking God For Meals**

#### **2. Digital Formation: The Challenge of Technology**

- Waking up with tragedies, trivia, celebrity gossip, political conflict, economic ups and downs, and work emails
- Stimuli and interruptions
- Mental breaks with more screen time
- Purposeless meals
- Evening ritual with sports, entertainment, drama, and comedy
- Night anxiety with more doom scrolling

#### *Interlude*

“Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.” Philippians 4:4-9

### **3. Counterformation: A Daily Heart-Encounter with the Gospel**

- Emotional and spiritual awareness
- Reading and praying Scripture
- Preaching the Gospel to ourselves
- And struggling in prayer ...

- Until we face our core issues and are able to stand up spiritually
  - Confession
  - Adoption
  - Facing injustice
  - Surrendering
  - Trusting
  - Etc.

### *Interlude*

“David sang to the LORD the words of this song when the LORD delivered him from the hand of all his enemies and from the hand of Saul. He said: “The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation. He is my stronghold, my refuge and my savior— from violent people you save me.” 2 Samuel 22:1-3

#### **4. Re-forming Our Days so we Remain “Spiritually Online”**

- Waking up
- Stimuli and interruptions
- Mental breaks
- Meals
- Evening ritual
- Night anxiety

#### **5. Developing a Daily, Weekly, Monthly, and Yearly Rule of Life**

- Sabbaths
- Family meals and evenings
- Retreat days
- Family vacation
- Conferences

### *Postlude*

“Praise the LORD, my soul;  
 all my inmost being, praise his holy name.  
 Praise the LORD, my soul,  
 and forget not all his benefits—  
 who forgives all your sins  
 and heals all your diseases,  
 who redeems your life from the pit  
 and crowns you with love and compassion,  
 who satisfies your desires with good things  
 so that your youth is renewed like the eagle’s.  
 The LORD works righteousness  
 and justice for all the oppressed.” Psalm 103:1-6