



Outside Prayers

“Rain & Enemies”

Friday, January 29th (or substitute for an earlier rainy day)

□ This prayer exercise requires it to be raining outside. It is completely private. You'll need a piece of paper and a writing utensil. Make a line down the middle of your page so that you have two columns.

On the first side list individuals who you think of as good people, noble, capable, gentle, brave, valiant, close friends, people who are a blessing, and a treasure to you. Who do you share things in common with? Who do you love? Spend some time with this list.

Now, on the other side of the paper write down the names of people who you view as hostile and a threat. When you are around them, your guard is up. Who are you cautious around? Who do you keep your distance from? Who gets under your skin? Who don't you trust? What groups of people do you distance yourself from? Who do you simply not like? Who causes you to feel or act aggressively? Who do you consider to be corrupt, greedy, and unjust? What groups or individuals make your blood boil? What groups or individuals fill you with fear? Remember, this list is private. You are safe to express yourself. You may find that you want to write the names of some people on both sides of your paper. That's completely ok and normal. That's the way we experience some people.

Now, put on a rain jacket and take your paper outside. Simply place it face up towards the sky. Watch the rain soak the name of each person. Let your piece of paper be completely saturated by the rain.

Jesus says,

“You have heard the law that says, ‘Love your neighbor’ and hate your enemy. But I say, love your enemies! Pray for those who persecute you! In that way, you will be acting as true children of your Father in heaven. For he gives his sunlight to both the evil and the good, and he sends rain on the just and the unjust alike. If you love only those who love you, what reward is there for that? Even corrupt tax collectors do that much. If you are kind only to your friends, how are you different from anyone else? Even pagans do that. But you are to be mature, even as your Father in heaven is mature.” (Matthew 6:43-48)

As you watch the rain soak each name, pray for each person you have listed. What is the rain telling you about God?

“But love your enemies, and do good, and lend, expecting nothing in return, and your reward will be great, and you will be sons of the Most High, for he is kind to the ungrateful and the evil.”

—Jesus (Luke 6:35)

