

The AGAPE Prayer:

The AGAPE prayer is offered as a simple yet effective way to foster an experience with the Lord. This is a powerful way to grow in your ability to hear His voice, recognize His ongoing presence with you and encounter Him more fully in your daily life.

It has five simple and distinct parts that flow together into one fluid movement. You can set a timer for a minute or two for each part or let your time progress naturally. By the end of this exercise you will experience a renewed sense of God's presence with you.

Awareness: Relax, take a deep breath. Focus your attention on the presence of God. Remind yourself that He is already here and that He wants to connect with you. He welcomes, embraces, and indwells you. In fact, He longs for this time of connection more than you do. He has been eagerly anticipating this time together with you.

Gratitude: Cultivate an attitude of gratitude. Recall the many gifts of God. Spend time intentionally thinking about the things you are grateful for. Give Him thanks and praise Him for the things you do have.

Ask: Ask the Lord about the things that are on your heart. Ask Him to make you more aware of His presence and to reveal to you anything that He wants to talk with you about. Ask for God's guidance to reflect honestly upon the day.

Presence: Review your day. When did you experience the greatest sense of God's presence? Are you aware of Him now? What makes you aware of His presence? What drew you nearer to God? What took you further away? Where did you feel most alive today?

Engage: Resolve to engage the rest of the day with a renewed sense of God's presence with you. Bring before Him any debris preventing you from abiding in His love and acceptance. Rededicate your day to God. Relax and rest in His loving presence with you throughout the day.