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DOCTOR OF MINISTRY

Accessible Spiritual Practices through Classic Forms of Prayer

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Abstract

But Jesus often withdrew to the lonely places and prayed. Luke 5:16

When God-followers feel distant and disconnected, they often describe their experience as a "lonely place." The feeling of being distanced from God is exacerbated by a lack of knowledge on how to resolve the distance. Retreats and resources might help one reconnect with God; however, the means for connection is often housed in the deep recesses of books or is hidden in the teachings of spiritual sages far away on desert retreats. Simple classic prayer practices remain largely unknown in evangelical circles as a result of inaccessibility, unfamiliarity, inexperience and lack of understanding by congregational leaders. Furthermore, failure of leadership is another obstacle for Godfollowers experiencing the lonely place. This dissertation sets forth the foundational argument that spiritual practices or prayer forms were accessible post prayer retreat, fewer people might experience loneliness and feeling of distance from God in their daily lives. A solution has been found to overcome the twofold problem of God-followers experiencing distance from God and ignorance on how to fix the problem of disconnection. What if, after one experiences a prayer retreat, a simple, downloadable solution was made available by utilizing a smart-phone, tablet, mobile device, or computer via an application to draw closer to God? This project's focus is to explore ways God-followers attempt to reconnect with God through the spiritual practices, and to create a new means by which prayer practitioners can be equipped with concise instructions for seven different classic prayer practices via an App-lication.

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what prayer is like. It's like the woman who keeps knocking at the door until the judge comes out and addresses her concern, if only just to get rid of those annoying knocks. Some think praying is a form of wishing. A wish is a desire or longing for some specific thing. Wishful thinking is expressed almost like a petition: I wish I could have it. Spiritual practice in Islam is practiced within salat (ritual prayer) during which Muslims subdue all thoughts and concentrate solely on Allah, also through other forms of worship activities like fasting, and Hajj. Among many Muslim groups, immersion in spiritual practices is thought of as more noticeable and deep as practiced by Sufis including Dhikr, Muraqaba, and Sama (Sufi whirling). Indian religions[edit]. See also: Indian religions. The practices and rites of contemporary tribal peoples might offer a glimpse into remnants of earlier forms of religious behaviour. An adherent of a tribal religion is aware of his dependency both in relation to his tribe and to the Supreme Being. He often addresses his prayers, however, to various numina (spiritual powers): the dead, the divinities of nature, protective gods or actor gods, the Supreme Being localized somewhere in heaven, or a feminine divinity linked to the earth (i.e., the great mother). Internalized prayer is found among the Eskimos and the Algonkin tribes of North America, the Semangs of the Andaman Islands in the Indian Ocean, and the Aborigines of Australia. Prayer in gestures is also found among the Semangs.