

**How to Pray: A Simple Guide for Normal People** - *Slow Down and Be Still*

**4 Step Prayer Rhythm: P.R.A.Y.**

**Pause**

**Rejoice**

**Ask**

**Yield**

**"Lord, teach us to pray." - Luke 11:1 (NIV)**

The disciples were to become mighty prayer warriors, but it wasn't **automatic**.

*"All of humanity's problems stem from man's inability to sit quietly in a room alone." - Blaise Pascal*

*...a still small voice. 1 Kings 19:11-13 (NKJV)*

*Be still before the LORD and wait patiently for him. Psalm 37:7 (NIV)*

*Be still and know that I am God. - Psalm 46:10 (NIV)*

*"...he answers me from his holy mountain." Selah - Psalm 3:1-8 (NIV)*

*"Life's basic decision is rarely, if ever, whether to believe in God or not, but whether to worship or compete with him." - Eugene Peterson*

**Practical Ways to SLOW DOWN and BE STILL**

1. **Relax** - Matthew 11:28-30 (MSG)
2. **Breathe** - John 20:22 (NIV)
3. **Speak** - 1 Corinthians 14:4 (NIV)
4. **Repeat** - Luke 11:9-10 (NLT)

Radios de interpretación al español disponibles en el vestíbulo.

**www.onechapel.com**

It's so great to have you here today!

One Chapel is a place where church feels like home. A family for you to belong to, where people know your story. A place to help you move from where you are to where God wants you to be.

Here are a few things to help you get oriented...



### COFFEE

Fresh Summer Moon coffee is brewed every Sunday. Being rooted in the community is one of our values. Supporting local businesses is one way to show our appreciation.



### NAME TAGS

Wearing name tags breaks down the first barrier in getting to know someone. Wearing them every week makes everyone feel at home. Even the pastor wears a name tag.



### KIDS

Engaging classes with age-specific curriculum allow kids to have fun, enjoy friends, and learn about the Bible; all in a safe, clean environment.



### COMMUNION & CREED

The communion table and declarations of belief have had a place in Christian worship for centuries. We remain rooted in history and open to the mystery of the Holy Spirit at work.



### TEAMS

Volunteers make things happen around here every week. Brewing coffee, greeting visitors, teaching kids, running tech, and more are all parts of Team One.



### GROUPS

Church is about more than Sunday services. Small and medium-sized groups meet all around the area during the week to share life with friends and make disciples.

Make yourself at home. Enjoy the service. Stay a while.

LEARN MORE ONLINE AT

**www.onechapel.com**