

# The Grind and the Glory

REVELATION: YOUR STORY IN GOD'S STORY, Week 17

*Revelation 8:1-5 (NIV)*

## I. The \_\_\_\_\_ in \_\_\_\_\_

<sup>1</sup> When he opened the seventh seal, there was silence in heaven for about half an hour.

<sup>2</sup> And I saw the seven angels who stand before God, and seven trumpets were given to them.

## II. The \_\_\_\_\_ Work

<sup>3</sup> Another angel, who had a golden censer, came and stood at the altar.

He was given much incense to offer, with the prayers of all God's people, on the golden altar in front of the throne.

<sup>4</sup> The smoke of the incense, together with the prayers of God's people, went up before God from the angel's hand.

## III. The Prayers \_\_\_\_\_

<sup>5</sup> Then the angel took the censer, filled it with fire from the altar, and hurled it on the earth; and there came peals of thunder, rumblings, flashes of lightning and an earthquake.

### Training Plan

*"So I say, dig in and get to pushing." –Jocko Willink*

\_\_\_\_\_ to the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_.

...by \_\_\_\_\_ where \_\_\_\_\_:

*On a scale of 1-10, I'd rate my current practice of prayer as:*

...by \_\_\_\_\_ of the \_\_\_\_\_ approaches (over) to practice \_\_\_\_\_:

*Approach:                      Time:                      Place:*

...by \_\_\_\_\_ your prayers are \_\_\_\_\_:

*Something to help me remember:*

## Five Helpful Approaches to Personal Prayer

### 1. The Lord's Prayer, verbatim and as a guide

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from the evil one.  
For yours is the kingdom, the power,  
and the glory for ever and ever.  
Amen.

### 2. Fixed-Hour prayer, like *the Divine Hours*, by P. Tickle

- Go to this website: <https://annarborvineyard.org/resources/pray-the-divine-hours/pray-the-divine-hours-cst/>
- For ease I recommend you make a shortcut icon to this website to put on the home screen of your phone (Android: within Chrome tap on the triple dot menu, click Add to Home screen; IOS within Safari tap the share icon, scroll down to Add to Home Screen).



### 3. The Jesus Prayer, especially as a breath prayer

"Lord Jesus Christ, Son of God, have mercy on me, a sinner."

### 4. Conversational prayer, expressing needs and thanks

### 5. Contemplative Prayer, in physical and mental silence