

A WORD FROM PASTOR BRYAN

Dear EKKO Church,

In our journey through the “*Broken Cisterns*” sermon series, we’ve delved into the profound spiritual drought that afflicts our lives when we turn away from prayer and God’s living waters. Reflecting on Jeremiah’s warnings and the broken cisterns we’ve constructed, we’ve been reminded to return to the essential, life-giving nature of prayer.

This series has not only been a call to awareness but also a heartfelt invitation to return to the wellspring of living water through prayer. The act of prayer, as we’ve learned, is not merely about requests or petitions; it is about cultivating a relationship with God. It’s about opening our hearts to God’s omnipotent care and inviting His intervention in every aspect of our lives.

To help us on this path, I’m thrilled to introduce the Personal and Communal Prayer Guide. This guide is a practical way for each of us to make prayer a daily habit, in every part of our lives. It’s an invitation to experience the transformative effect of consistently turning to God.

Let’s take this opportunity to draw nearer to God, move away from the empty solutions we pursue and toward the nourishing presence of God that fills us completely. Through sincere and open prayer, we allow God’s love, guidance, and strength to permeate our lives.

In closing, let’s remember that our strength and resilience lie in our emotional and spiritual bond with God. Through prayer, we not only communicate with our Creator but also affirm our reliance on His unfailing love and grace. I’m excited to see how a renewed focus on prayer will enrich our community and each of our spiritual journeys. Together, let’s build a life of prayer that brings us closer to God and each other.

Because He Lives,
Bryan H. Kim
Founding Pastor
EKKO Church

5 THINGS FROM YOUR “EVERYDAY, ORDINARY LIFE”

“So here’s what I want you to do, God helping you: Take your everyday, ordinary life – your sleeping, eating, going-to-work, and walking-around life – and place it before God as an offering. Embracing what God does for you is the best thing you can do for him.”

- Romans 12:1 MSG

We need to pray and talk to God about our sins, stress/struggles, sadness, successes, and supplications. Here’s a list of things we need to share with God in prayer and what happens if we don’t share it with Him.

SINS

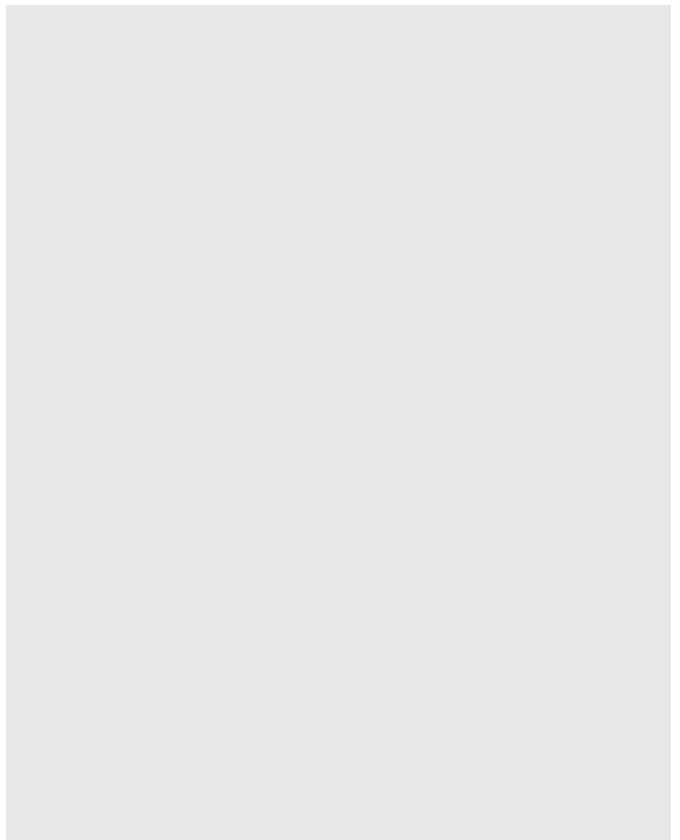
Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin.

- Psalm 51:1-2

PRAYER PROMPT

Confess your sins to God, and seek His forgiveness and grace.

Your Prayer:



When we CONFESS our sins in prayer,

we experience the forgiveness and the mercy of God. We are moved by His kindness, which leads us to repent.

Neglecting prayer in times of guilt or

wrongdoing reduces our self-awareness, and paves the way for a shift towards pride and a critical mindset. This shift often leads us to hide or downplay our faults. Pride then thins the depth of our connection with God as we grow overly critical of those around us. Ultimately, this route leads to arrogant isolation and a profound disconnection from both the community and God’s restorative presence.

STRUGGLES (STRESS)

*As for me, I call to God, and the Lord saves me.
Evening, morning and noon I cry out in distress,
and he hears my voice.*

- Psalm 55:16-17

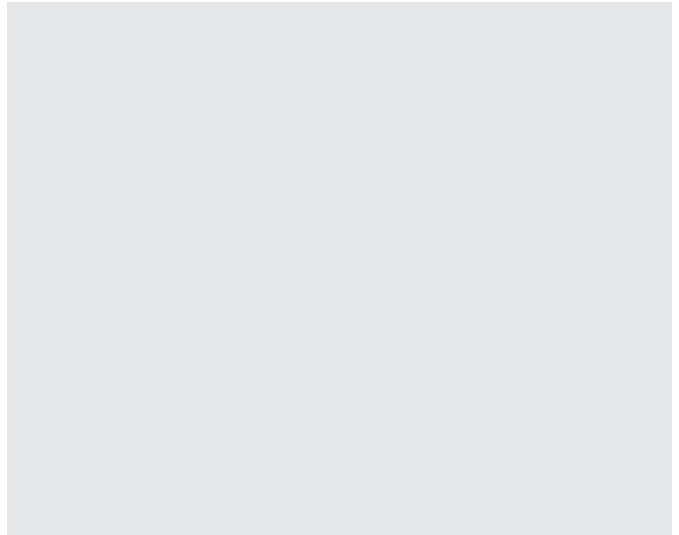
When we SHARE our struggles in prayer,
we experience God's peace. His presence
comforts us and leads us to wisdom.

When we do not pray in times of stress we
may act impulsively, driven by emotion rather
than wisdom. This mindset often leads us to
wrongly attribute our struggles and stress to
others, fostering resentment. Simultaneously,
it cultivates grievances against God,
deepens our sense of disorientation and
severs our connection to our true source of
strength and guidance.

PRAYER PROMPT

Share your current struggles and stress with God.
Ask for His strength and guidance in these areas.

Your Prayer:



SADNESS

*Turn, Lord, and deliver me; save me because of your
unfailing love. I am worn out from my groaning. All
night long I flood my bed with weeping and drench
my couch with tears.*

- Psalm 6:4, 6

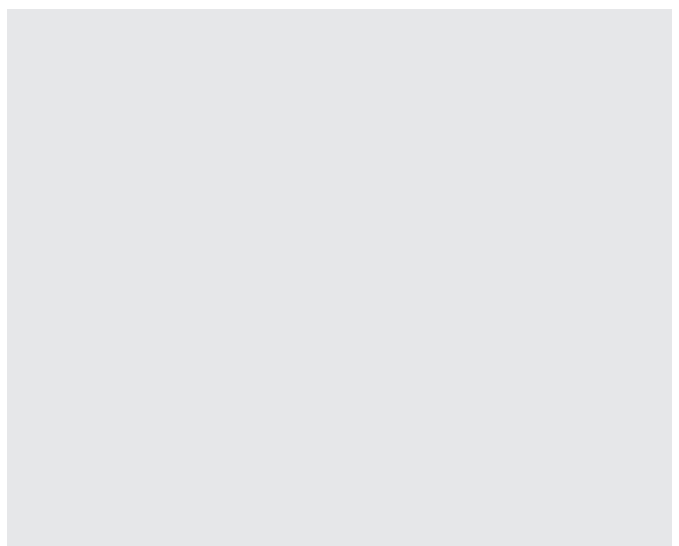
When we LAMENT to God in prayer,
we experience God's comfort. We are moved by
God's solidarity, which makes us resilient.

When we do not pray in times of sadness we
can become hopeless and lose ourselves in
despair. We become distant from others and
calloused in our hearts toward God.

PRAYER PROMPT

Lament to God about what breaks your heart.
Seek His comfort and presence in your sorrow.

Your Prayer:



SUCCESS

When the Lord restored the fortunes of Zion, we were like those who dreamed. Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations,

"The Lord has done great things for them." The Lord has done great things for us, and we are filled with joy. Restore our fortunes, Lord, like streams in the Negev. Those who sow with tears will reap with songs of joy. Those who go out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with them.

- Psalm 126

We will either praise and thank God or we will become self-reliant and self-important.

When we PRAISE God in prayer,

we experience God's joy. His providence and grace lead us to gratitude and generosity.

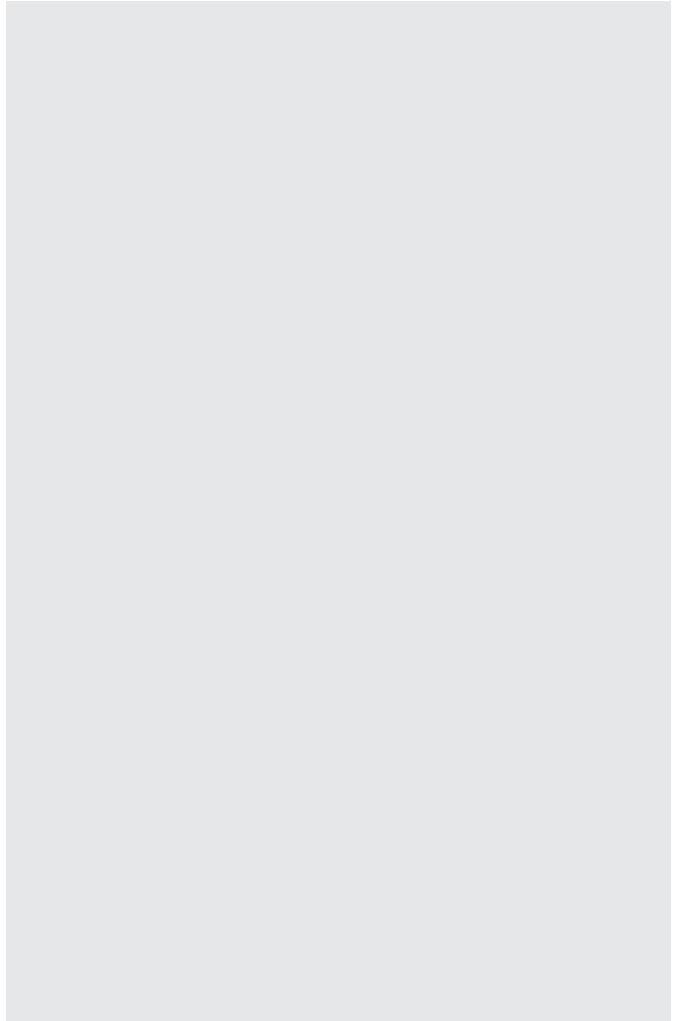
When we do not pray in times of success

we risk estrangement from the source of our blessings. Our hearts, possibly filled with envy, find it challenging to celebrate the achievements and good fortune of others. This leads us down a path of self-sufficiency and an unchecked sense of self-importance, steering us further away from God and the acknowledgment of His role in our lives.

PRAYER PROMPT

Praise God and express your gratitude for your successes and blessings. Acknowledge God's providence and grace in these achievements.

Your Prayer:



SUPPLICATIONS

Teach me to do your will, for you are my God; may your good Spirit lead me on level ground.

- Psalm 143:10

When we ASK for help in prayer,

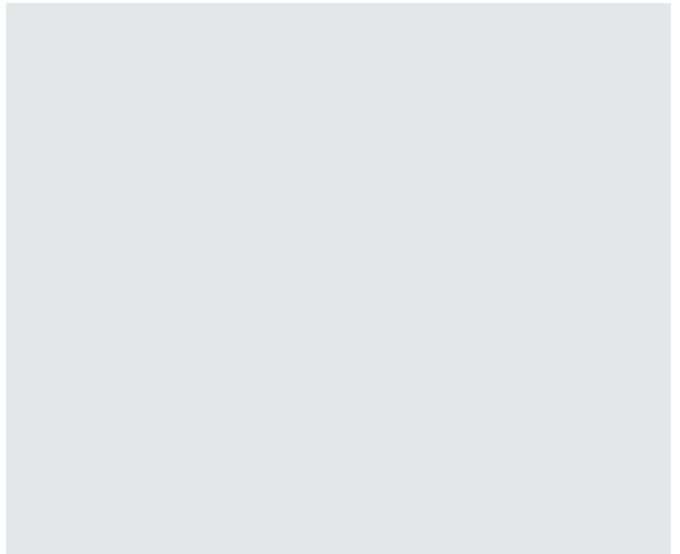
we position ourselves under God's guiding hand and anticipate His active involvement in our lives. The assurance that God listens to our prayers fills us with hope for the journey ahead.

When we do not ask for help in prayer we lose touch with God's omnipresence and omnipotence, leaving us disorientated and lost. This detachment hinders our ability to navigate life's challenges with the confidence and support that come from acknowledging God's readiness to intervene

PRAYER PROMPT

Ask God for His help by making your requests and desires known, and inviting His intervention and guidance.

Your Prayer:



WHY PRAY?

The Lord is near to all who call on him, to all who call on him in truth. He fulfills the desires of those who fear him; he hears their cry and saves them.

- Psalm 145:18-19

1

Remember, we are moving from a model of prayer as request-making to one of relationship-cultivating. Prayer as relationship-cultivating is a constant, open dialogue that encompasses thanksgiving, confession, lamentation, and intercession.

2

Humility and honesty are the two things required to return to God and are built into authentic prayer.

3

Prayer, especially when honest and vulnerable, offers us a path to rebuild the emotional and spiritual bridges we've allowed to falter. Honest prayer is the sacred act of sharing our stories with God. Honest prayers allow for a true emotional attachment and bond with God to be nurtured and cultivated.

Therefore, the necessity of prayer cannot be overstated. It is the antidote to the broken cisterns we've tirelessly constructed in our pursuit of fulfillment and security outside of God. Prayer makes us become aware of and experience the most crucial element needed for resilience: an emotional attachment and bond to God.