

St Hilary's Conference #1



transforming lives

Prayer changes things... and us

Elisabeth Ma



© Bankim Desai on Unsplash

And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit

2 Corinthians 3:18

prayer changes things... and us



Prayer changes things...



A cliché?

External transformation

Petitionary focus

prayer changes things... and us



...and us

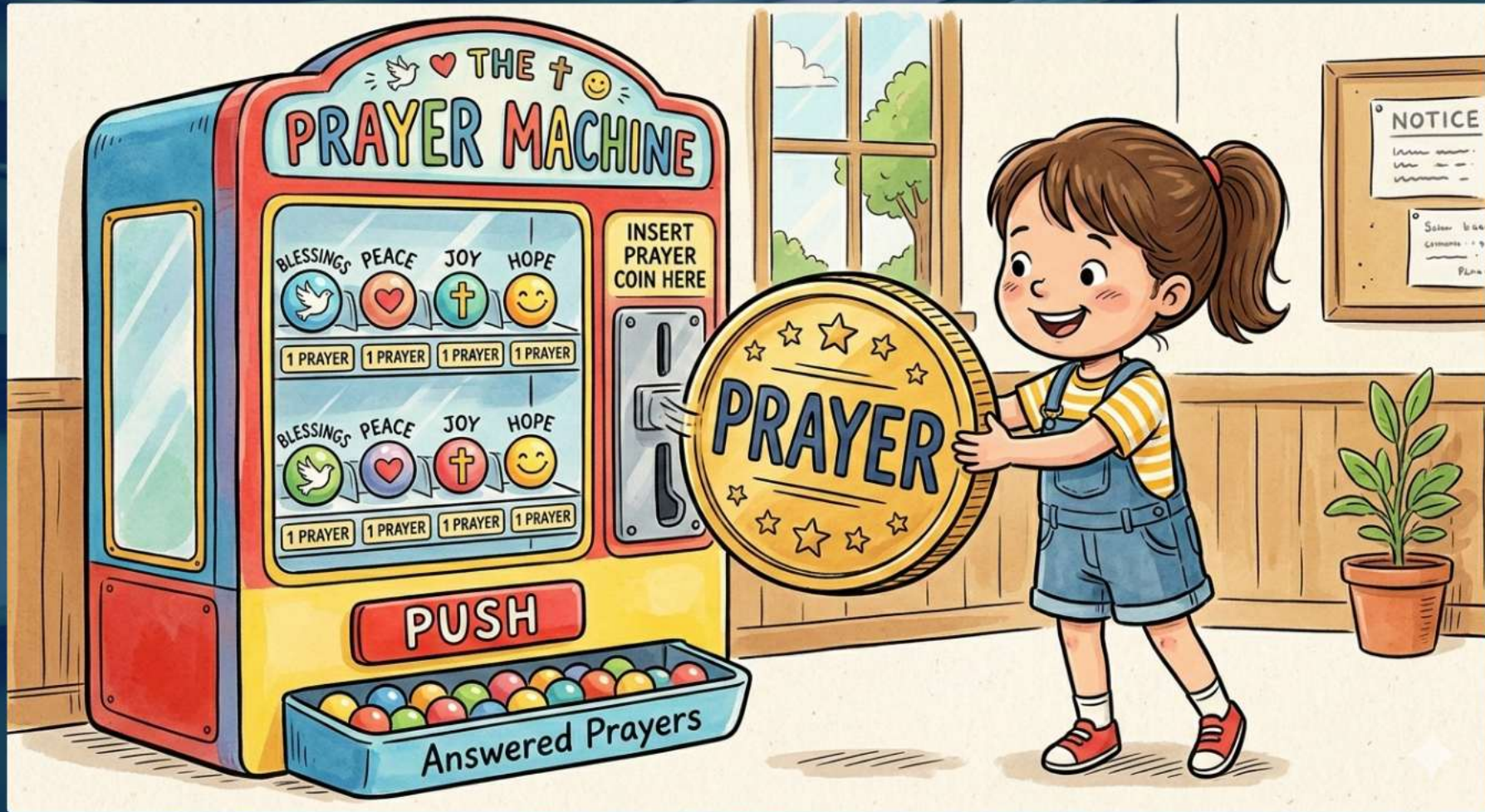


Internal transformation

Holy Spirit at work in us

prayer changes things... and us





prayer changes things... and us



Spiritual bypassing

Using spiritual beliefs, practices or jargon as a way to avoid difficult emotions, issues or psychological wounds



prayer changes things... and us



Models for prayer



Tools and aids not rules

Surrendered relationship
is key

Examen

prayer changes things... and us



Encouragement of answered prayer

Jesus told his disciples a parable to show them that they should always pray and not give up.

Luke 18:1

prayer changes things... and us



Examples of transformation

- immediate
- progressive
- dramatic
- subtle

...over to you

prayer changes things... and us



Examples of transformation

In groups, share stories of answered prayer that have contributed to transformation (your own or others)

prayer changes things... and us



The Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.

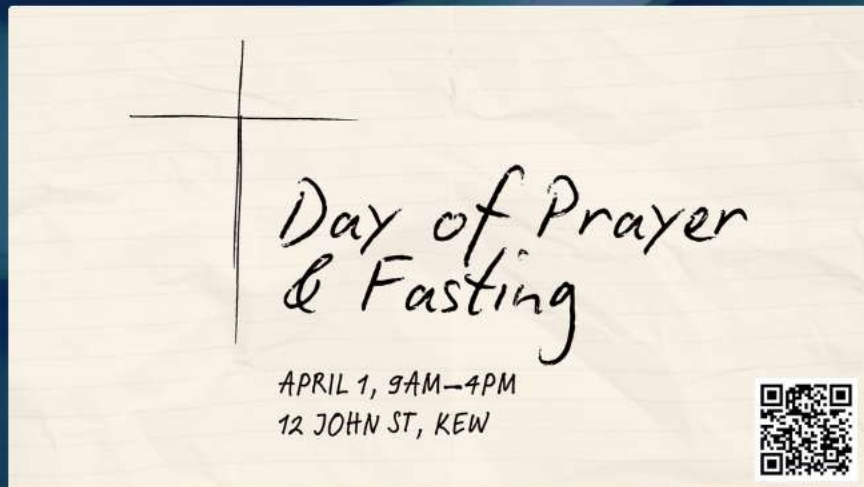
Romans 8:26,27

prayer changes things... and us



Next steps at St Hil's

- Day of Prayer and Fasting, Wednesday 1 April
- Wide-ranging Prayer rhythms (handout)



Prayer at St Hil's 2026
Rhythms, ministries and special events
Framework of weekly, monthly, annual rhythms that support ministries and special purpose activities

Rhythms		
Weekly	Corporate Intercession	Sunday
	Pre-service Prayer	Sunday
	Staff Morning Prayer	Tuesday
	Weekly Newsletter	Thursday
Monthly	Prayer Night	1st Monday
	"The Hearth"	3rd Monday, alternate months
Annual	Pause for Prayer	January
	Staff Retreat	February

prayer changes things... and us



Suggested reading

- Essence of prayer (Ruth Burrows)
- About the voice of God (Christine Westhoff)
- Prayer of Examen

The Prayer of Examen

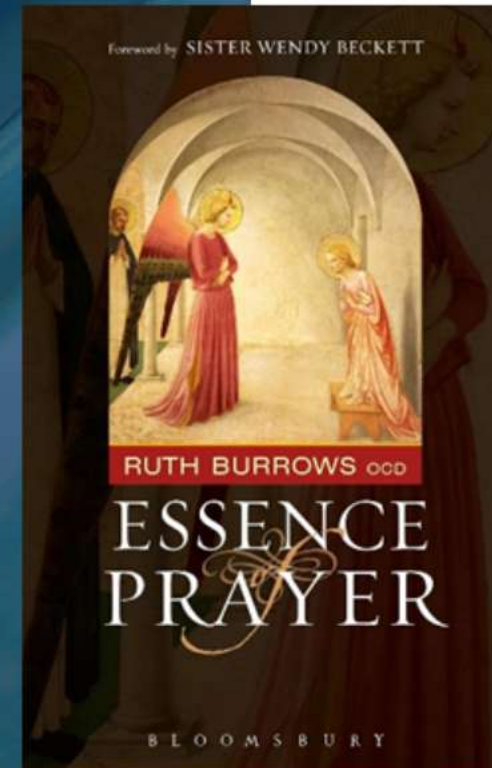
A simple guide to praying with your day

What is the Examen?

The Prayer of Examen is a simple, gentle practice your day with God. It was developed by St Ignatius in the 16th century and has helped millions of people notice the presence of God in their ordinary lives - not just in church moments, but in the texture of everyday experience.

You don't need any special training or equipment - just a few minutes and a willingness to reflect honestly.

"He is before all things, and in him all things"



About the Voice of God

A Guide for the Journey

Salience of Reframing the Prophetic
Christine Westhoff
Foreword by Strahan Coleman

prayer changes things... and us

