

THE SANDWICH EXERCISE

Let's talk about that word we end our prayers with: AMEN.

Just as it is pretty much universal that we don't pray as often as we should, it's also pretty much universal that when we do pray (which is awesome!) we end it with the word "Amen."

When you end your prayers with "Amen," how often do you consider it's impact on the prayer?

_____ < 10% of the time

_____ about 25% of the time

_____ about 50% of the time

_____ about 75% of the time

_____ about 100% of the time

Jot down the definition of "Amen" on the line below. If you need help or want to check your answer, there's a piece of paper up by Station Four with the answer on it. You can go check.

So why do we use "Amen" when we pray?

Consider a sandwich.

- The "point" of the sandwich is the insides. An irresistible combination of meats, vegetables, cheeses & condiments that you care a lot about.
 - The "point" of a prayer is the *body*, the content, the "this-is-on-my-heart" stuff that drives you to your knees to pray.
- When you make a sandwich, you want that first piece of bread to be in place, readying the environment for the good stuff that goes in the middle.
 - When you pray, the *address* can lay the groundwork for your prayer (as we discussed in Station One). Better bread can make a better sandwich – so also a clearer address can make a clearer prayer.
- The last piece of bread, the one that goes on top, is the one that we can tend to hurry through. We want to get eating the sandwich, so we put it on and don't really think about it. But *can you imagine how different a sandwich would be without the top piece of bread?* It makes it all fit together!
 - When we end our prayers with "Amen" – which is a confident statement that the will of the God we pray to is going to be done – we make it all fit together. Our will and God's will, our hopes and his truths, all meet in that humble, yet powerful, word: AMEN. Yes, so shall it be.

Thank you for taking part in this workshop. May God give you faith and courage as you pray in everything for his guidance and grace.

