

The reason why we don't take time (*for prayer*) is a feeling that we have to keep moving. We live in the fullness of time. Every moment is God's own good time, His kairos. The whole thing boils down to giving ourselves in prayer a chance to realize that we have what we seek. We don't have to rush after it. It was there all the time, and if we give it time, it will make itself known to us.

(*Thomas Merton*)



*Ways to Pray*

## Types of Prayer

### Lectio Divina

Praying with scripture. Choose a scripture passage and read slowly three times paying attention to 1) what word or phrase stands out to you 2) in what ways do you respond to the passage and 3) what is the invitation for you in this passage. The following website has a good description of lectio divina  
[www.centeringprayer.com](http://www.centeringprayer.com)

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### Centering Prayer

A silent meditative prayer in which one chooses to spend 15 or 20 minutes in silence, letting go of thoughts, and gently resting into the silence. Often a word or phrase is used to help one let go of the busy thoughts and focus on simply centering into the silence of God. For further information:  
[www.contemplativeoutreach.org](http://www.contemplativeoutreach.org)

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### Daily Examen

At the end of your day, take some time to reflect on your day. As you think back over the day identify the moments of grace and moments of challenge. Where was God most present? Where was God absent? When did you feel most alive? When did you feel life draining out of you? For what moment are you most grateful? For what moment do you have regret? Offer your prayers to God for all the moments in your day.

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### Ignatian Prayer

Think of the Ignatian Method of prayer as a sort of virtual experience of the scripture where you read the scripture and then create in your mind a short film about what you read. In the Ignatian Method, you enter into the story so that you can learn more about and participate more fully in the mind, the heart, and the work of Christ. As you read the scripture, reflect on questions such as:

- What do I see and hear? What do I smell, taste, or touch?
- Who are the characters and what's going on with them? •

- Who are the characters and what is going on with them?
- If I were in this movie, what role would I play?  
If I were Jesus in this story, what would I be thinking, feeling, saying?

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### Wall Prayer

Buy a poster board or large newsprint and tape to a wall where you can sit near it, either on the floor or on a chair. Have with you pens, crayons, markers, or other writing instruments. Write on the top "From the deepest part of myself, what do I desire most from God?" Sit in silence for a few moments to ponder the question. When you are ready begin to write, draw or doodle your response to the question. Don't try to filter what comes to mind, just let it come and let your creative self express it. Take as much time as you like. When you are ready to finish, say a closing prayer and put your crayons away. Come back to it again another day and do some more. Reflect on what comes up as common themes. Feel free to begin to reflect on what God's response to you is, and express that as well if you wish.

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### Showing Up Prayer

Choose an activity that you enjoy such as listening to music, reading a novel, doing a crossword puzzle, knitting or whatever is enjoyable to you. With intention, tell God that you will do this activity in the presence of God for the time period you choose. Go about the activity with an awareness of being in God's presence, and then at the end of that time, say goodbye to God and continue on through your day.

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### TV Prayer

Within any story there is an embedded theology that in some way speaks about 'ultimate concerns'. Faith shows up, in some way, in almost any tv show or movie. The goal with this prayer is to reflect on a show you have watched and try to answer the questions "where is the faith?" After you have watched the program or gone to the movie, offer a short prayer:

“In you O God I place my faith”, repeating several times as you breathe in and out.  
Reflect on the story of the show or movie. Choose a character to focus on. Ask yourself – where does this character’s faith reside? who or what do they trust? how do you know? What do they learn about themselves? And where is hope found? How is their faith similar or different than yours? What is God telling you through their story?  
End your time of reflection with the same prayer  
“In you O God I place my faith” repeating several times as you breathe in and out.

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#### Praying with Icons

Praying with Icons is a way to use an icon to be the window between you and God. The idea is to find a quiet spot where you can sit comfortably and gaze slowly at the icon, trusting that God will speak to you through the icon. Slowly let your eyes wander over the image and note what stands out for you, what feelings arise, what questions are stirred. Simply allow the icon to relate to you and allow God to speak to you through the icon.

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#### Walking Prayer

Imagine you are walking with Jesus or Sophia-Wisdom as your companion. Chat to him in your mind (or aloud if you wish) and share with him whatever is on your mind or heart. You may find at times you simply walk in silence, but mindful of the presence of your Holy Companion. You may find your share your delight, wonder or curiosity about the things you notice along your way

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#### Pray with a Photo Album

Take a photo album, either one with pictures from long ago, or more recent. Find a comfortable place to sit and look through the album alone. As you look at the pictures offer prayers for the people you see, both those who have died and those who are alive. As memories get stirred up, give thanks and ask for prayers of healing as needed. Take your time as you leaf through the album, as you

reflect on past events and people. If you wish you can end your time with the album with a examen prayer.

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#### Pray with a Camera

Ask God to speak to you through your camera.  
Take your camera outside and as you contemplate creation while walking or just in your own backyard, take pictures as a way of looking deeply and reflectively and the beauty and wonder around you. Spend time contemplating the object of your photo as you take the picture and note how the photo captures or highlights certain aspects of it. Offer to God your photos and give thanks for the beauty you experience.

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#### Body Prayer

Pray a Psalm or a prayer – perhaps one of the Anglican collects, and ascribe movements to the phrases. Continue to pray it until the movements are memorized and your body just prays it instead of saying it.

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#### Confession Body Prayer

Find a comfortable prayer position. Make fists. In your mind's eye put all that comes between you and God into your clenched hands. Slowly open your hands and offer these barriers, and your part in creating these barriers, over to God. Allow God to forgive you. Cup your hands to receive God's blessing. Place your palms together in front of your heart and offer your gratitude to God.

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*"Here are the two best prayers I know:  
'Help me, help me, help me,' and  
'Thank you, thank you, thank you'"*

*Anne Lamot*



### *Practicing the Presence of God*

Benedictine spirituality focuses on a balance of prayer and work. Brother Lawrence, a 17<sup>th</sup> century monk, who entered the monastic life in his later years, ended up working in the kitchen which he initially disliked. He came to the realization that the spirit of God works in the most simple of daily tasks. He came to the conclusion that the work in the kitchen was holy and that the kitchen utensils were as holy as the communion vessels. In the atmosphere of the holy we are encouraged to move through the day with a sense of God's presence at all times and in all places.

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*"However we are,  
however we think we ought to be in prayer,  
the fact is we just need to show up  
and do the best we can do"*

*Roberta Bondi*

### *Pray with Rosary*

The Anglican rosary is slightly different from the Roman Catholic one, with four groups of seven beads instead of five groups of ten beads. If you have a RC one, feel free to use it with the RC prayers, or consider the Anglican prayer formats here.

<http://www.stmarymagdalenes.org/prayerformats.htm>  
<http://www.myrosarybeads.com/anglicanrosary>

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