

Some Ways of Prayer

1. **Journaling** –Keep a journal of blank pages to record your prayers to God. As you hear from God, record that too.
2. **Sketching** – This is good for those who are creative and their mind seems to wander without doing something. Keep a sketchbook and draw your prayers; the people, places, and situations you are praying about.
3. **Music** – Listen to music that moves your soul. Let the words be both a prayer and a blessing to your heart. This is good for times of trial when it is difficult to find words to pray. Sometimes movement (such as arms lifted upward, bowing low) with the music is helpful as an expression of your praise and adoration. Using a hymnal can be helpful also.
4. **Prayer of Examen.** This is a way to notice God’s presence and work in your life. There are many versions of this prayer, but the idea is to allow God to search your heart (Ps. 139:23-24). At a certain time each day (many prefer evening, before bed) sit quietly and prayerfully ask these questions. A. Where did I sense God’s presence the most today? B. Where did I least sense God’s presence today? C. How did I respond in each situation? Give plenty of time between each question to allow God to speak to your heart.
5. **Listening Prayer** – John 10:27 says, “My sheep hear My voice and follow Me.” A good relationship consists of conversation – both people having a turn to talk. Instead of a constant prattling on of my needs and wants, give God a chance to talk. Sit quietly. You may want to start this time with reading a Scripture passage. If thoughts come to your mind, jot them down on a piece of paper and return your attention to God. There is no agenda in this time except to simply be available for God to speak to you and for you to enjoy His presence. You may need to start slow, say 5 minutes a day and work up to longer periods.
6. **Prayer Walking** – pray as you walk. This is good for those who have a difficult time sitting still. Be intentional about noticing what is around you, whether in nature or in a city, and use it to prompt your prayers. Or simply pray and listen, focusing on God, as you walk.
7. **Breath Prayer** – Three or four word prayers to help bring your awareness back to God during the day. Some examples are “Into your hands,” “Your will be done,” “Lord, have mercy on me, a sinner.”
8. **Continual Prayer** – I Thessalonians 5:17 (pray without ceasing), Brother Lawrence practicing the presence of God, Frank Laubach’s game with minutes. This is a good type of prayer for those who are active and find it difficult to be contemplative. Use any change in the day (people, events, circumstances) to remind you of God and invite Him into whatever you are doing at that moment.

9. **Praying with Scripture** – Jesus’ question to the good Bartimaeus in Mark 10:51, “What do you want me to do for you?” still applies to us today. Sit with this passage or another passage and read it slowly and prayerfully three to four times. Imagine yourself as one of the characters in the story, focusing on Jesus and His interaction with you. Let Jesus speak to you through His Word. Ask Jesus questions that concern you and wait quietly to hear His voice.

10. **Try different postures for prayer**...kneeling, lifting hands upwards, dancing.

11. **Write your own Psalm.** The Psalms express great emotion of both pain and joy. Try writing your Psalm, stating a complaint or a praise. Include elements of God’s character.

12. **Use a Book of Prayer.** If you find it difficult to find your own words to pray, carefully thought out prayers, including Scripture can be found in these many books. I recommend “The Divine Hours” by Phyllis Tickle, or if you are familiar with it, The Book of Common Prayer.

13. **Pray in a Group.** “For where two or three are gathered together in my name, there am I in the midst of them.” (Matt. 18:20) There is a certain power and presence of God when we pray together. Try to meet regularly with a small group of people. Listen and intercede for each other. Follow up on how God answered those prayers.

14. **Using Hymns as Prayer**

15. **Welcoming Prayer** - The Welcoming Prayer is a method of consenting to God’s presence and action in our physical and emotional reactions to events and situations in daily life. The purpose of the Welcoming Prayer is to deepen our relationship with God through consenting in the ordinary activities of our day. Previous study of how to practice this type of prayer is recommended. This link has some good information: <http://www.contemplativeoutreach.org/category/category/welcoming-prayer>

The Welcoming Prayer (by Father Thomas Keating)

Welcome, welcome, welcome.

I welcome everything that comes to me today
because I know it's for my healing.

I welcome all thoughts, feelings, emotions, persons,
situations, and conditions.

I let go of my desire for power and control.

I let go of my desire for affection, esteem,
approval and pleasure.

I let go of my desire for survival and security.

I let go of my desire to change any situation,
condition, person or myself.

I open to the love and presence of God and
God's action within. Amen.