

PRAYER

Growing: *(These are few ideas to help make prayer a regular part of your daily life.)*

- **Alarm / Trigger** – use an alarm clock, timer, or other trigger (bell at school, red lights, airplane, etc.), to be a short time of prayer.
- **Journal** – Use one page a day to write down your prayers. Helps keep prayers focused, is an opportunity to see God more clearly, is an encouragement for the future, and helps to sort out life.
- **Prayer List** – Listing prayers helps “track” them. Recall God’s faithfulness.
 - Date of Request - Brief Description of Request - Answer(s) to the Request - Date of Answer
- **Prayer Time** – Make a specific time (and place) to pray.
- **Meditate** – Use a meditation *opener* and focus on God’s word. Empty out yourself and fill with God.
- **Partner** – Find someone to pray with or someone to hold you accountable to praying.
- **Team** – Ask several people to be praying for you as you commit to growing in prayer.
- **Creative** – Put action to prayer. Keep it lively.

Prayer Ideas: *(These are different ways of praying)*

- **Burning Prayers** – Write your prayers of confession on paper. Burn the piece of paper and read 1 John 1:8-9 after burning the prayers.
- **Prayer Chains** – Write your prayers on small sheets of paper and form them each day into paper chain. Hang the chain somewhere where you will see it. This is good for a family and use to talk about the strength that comes from prayers and family unity.
- **Sugar Cubes** – When you want to give something to God use this method. Take a sugar cube and a glass/bucket/pool of water. Hold the sugar cube in your hand and pray to God the thing you would like to give up. “Transfer” your prayer to the cube and then throw it into the water. It is now God’s and you have let it go.
- **Molding** – Get some play dough and form it as you pray. Maybe form yourself and as you pray about certain situations, form the clay into the mood in which you felt in that situation.
- **Candles** – Candles can be used in a number of ways: to symbolize the Holy Spirit, be a light to the world, hope in a time of darkness, etc. Light a candle and focus on the idea of light as you pray.
- **Map** – Draw a map of the places God has taken you through prayer, or of the places you would like God to take you through prayer.
- **Penny in Shoe** – Place a penny in your shoe. Each time you feel the penny throughout the day say a little prayer.
- **Rock in Shoe** – Put a small rock in your shoe. After it has burdened you enough take it out, hold it and pray about the things that have burdened you. “Transfer” your prayers to the rock and then throw the rock as far as you can away from you.
- **Knots** – Get a piece of string and tie several loose knots in it. Pray for those things that have got you “tied up” in life, and untie a knot each time. At the end of the prayer time the string will be knot free.
- **Round the Clock** – Commit to praying at the top of the hour for an entire day.
- **Without words** – Use some medium to express your prayers (paint, color, draw, dance, etc.) Read Romans 8:26-27 to help guide your prayer.
- **Ice** – Hold a piece as you pray for unjust things or “cold hearted” people. See how even the smallest of warmth melts the frozen ice. Know that God is a God of justice and can warm the hearts of anyone...including our own hearts.
- **Blessing Bracelet** – Take beads and place them on a string. Each time you place a bead on the string thank God for a blessing in your life. After you have finished praying, tie the string around your wrist/neck and continue to be mindful of God’s blessings.
- **Newspaper** – Cut out things from the paper that need praying for. Pray for one or two of the articles each day.

- **Prayer Walk** – Walk around an area that needs prayer. Kid’s room, business, bed, etc. and each time you make a lap pray for something specific.
- **Moving On** – Get a moving box and place in it all the things that are holding you back in life. Once the box is full get rid of the box – move on.
- **Balloon stomp** – Blow up balloons and pray for those things you want to “stomp out” in your life. Once you are done praying. Stomp on all the balloons.
- **Tree of Life** – Get a branch and stick it a flower pot. Commit to praying for healing or renewal in others lives. Write the prayers on different sizes of green paper. Tape the paper to the branch and watch your tree *grow*.
- **Cooking** – Spend time cooking something. As you add each ingredient pray for a specific item you would like to see grow/transform/complete/etc. Once the cooking is completed know that God uses all kinds of things to make new things.
- **Thirsty** – Set a certain time in the day that you will not drink anything. Make it an extended time. Then spend time praying that you will thirst for something (God’s love, holiness, justice, etc.). Recognize your physical thirstiness with your thirst for the something else. After praying, enjoy your favorite drink and know that God give us *living water*.
- **God Is...** - Make a list of all the things God is and give thanks for those things.
- **Shopping** – As you shop think about what you are buying and offer a prayer related to the item. Ex. Bread = Christ will be the bread of your life. Fish = how you might be a fisher of people. Etc.
- **Nature** – Find time to spend in nature. Give thanks to God for God’s creation and God’s continued work in creation.
- **Themes** – Take on a theme for the week and pray for that theme all week. Ex. Friends, family, justice, healing, moral choices, etc.
- **Everyday Things** – Pray while doing the everyday things. Brushing teeth, shower, driving to work, etc.
- **Expounding** - taking a known prayer, usually a familiar one, and adding to it.

Types of Prayer:

- **Blessing** – speaking words of God’s blessing on people.
- **Confession** – telling God about where we have failed him and about the sins we have committed, and asking for forgiveness.
- **Contemplation** – listening to God and enjoying his presence, usually in meditation and silence
- **Desolation** – crying out in despair, pain, and the knowledge that there is no place else to turn but God.
- **Intercession** – praying specifically on behalf of other people
- **Petition** – asking God to do something for us or for others.
- **Praise** – expressing how great God is.
- **Thankfulness** – looking at what God has done for us and thanking him for it.
- **Transformation** – committing to change for, among other things, surrender to God’s service, release of what troubles us, and forgiveness toward others.

Posture during prayer: (Just FYI)

- **Usually standing** – 1 Sam. 1:26, Matthew 6:5, Mark 11:25, Luke 18:11
- **Kneeling**, to express humility or servitude – 1 Kings 8:54, 2 Chron. 6:13, Ezra 9:5, Psalm 95:6.
- **Prostrate** – Joshua 7:6, 1 Kings 18:42, Neh. 8:6.
- **Hands folded** – Not Biblical; 9th and 13th century – gesture of submission “shackled hands”
- **Bowed head** – shows humility
- **Eyes Closed** – shut out distractions
- **Waving hands** – two possible reasons:
 - 1) mentioned in Jewish Talmud as a way to scare off evil spirits.
 - 2) used to point to heaven and/or “receive” gifts from heaven.