



Re-Imagine Prayer

What does prayer look like? Prayer can take many forms, including . . .

Spoken (or whispered, thought) prayer

Conversational prayer, speaking friend to friend

Memorized or liturgical prayers

Praying Scripture (such as Psalms, the Lord's Prayer, prayers in the New Testament epistles)

Using a framework (such as ACTS: Adoration, Confession, Thanksgiving, and Supplication) to structure prayer

Praying the Lord's Prayer or using phrases of the Lord's Prayer to guide your own prayers

Praying aloud with other believers

Singing worship songs or hymns as prayer

Short, quick, spur-of-the moment prayers

Written prayer

Recording prayers in a journal

Writing letters to God

Using written lists to pray for people or needs

Recording answered prayers

Writing personalized Scripture passages as prayer

Writing prayer-poems

Silent, meditative, or creative prayer

Quiet walks outdoors focused on God's presence

Contemplatively reading Scripture, pausing to mull over phrases and listen to God

Breath prayer, the Jesus Prayer, prayer of the heart

Reviewing one's prayer journal, reflecting on God's answers and God's faithfulness

Wordless, "groaning" prayer (Romans 8:26)

Memorizing Scripture, focusing on a passage, reflecting on it with God

Silent prayer with other Christians

Praying in quietness while doing something active (while jogging, mowing the lawn, exercising, and so on) or something creative (knitting, painting, scrapbooking, piano-playing, and so on)

Pondering, thinking, mind-wandering with an awareness of God's constant presence

Using symbols (like lit-candles, pictures or photographs, and so on) to represent prayers

CONSIDER: Which of these forms of prayer come most naturally to you? Which of these prayer methods may not be the "norm" for you but you'd like to explore? What are some other ways you like to commune with God? How does this listing of the many ways we can connect with God encourage or inspire you?

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