




Ways to Pray Cards



OHIO EPISCOPAL AREA

East & West Ohio Conferences

THE UNITED METHODIST CHURCH



Discovering different ways to pray
offers space for connection with
God. These cards are a resource to
expand and grow your prayer life.

Prayer in Song

Find a song that has repeating words or phrases. Hum it, sing it, let it flow through your body and mind.

Some examples:

Be Still, My Soul Hymn #534

Be still, my soul: the Lord is on your side.
Bear patiently the cross of grief or pain;
leave to your God to order and provide;
in every change God faithful will remain.
Be still, my soul; your best, your heavenly friend
through thorny ways lead to a joyful end.

Hymn of Promise Hymn #707

There's a song in every silence, seeking word and melody;
there's a dawn in every darkness bringing hope to you and me.
From the past will come the future; what it holds, a mystery, unrevealed until its season,
something God alone can see.

Lover of My Soul - Jonathan McReynolds

What I lack, you are full of, where I'm broken, you are whole, what I'm doubting, you are sure of, so I'll trust the lover, lover of my soul.

This Little Light of Mine

This little light of mine, I'm gonna let it shine, this little light of mine, I'm gonna let it shine, this little light of mine, I'm gonna let it shine, let it shine, let it shine, let it shine

Majesty, Worship His Majesty Hymn #176

Majesty, worship his majesty; unto Jesus be all glory, honor, and praise. Majesty, kingdom authority, flow from his throne unto his own; his anthem raise. So exalt, lift up on high the name of Jesus. Magnify, come glorify Christ Jesus, the King. Majesty, worship his majesty, Jesus who died, now glorified, King of all kings.

Lectio Vicinitas

Walk or drive through your community.

Practice these 5 steps.

1. **Silencio (prepare)**

As you prepare to depart, quiet your inner voice. Invite the Holy Spirit to guide your steps and your observations. Seek a mindset of openness, leaving preconceived assumptions behind.

2. **Lectio (read)**

As you begin walking, take a special notice of what and who you see. In this stage try to avoid interpreting what you see, simply observe. You may take notes on paper or on your phone if it helps you to remember. Take note of places where people are gathering. Look for written words on signs, posters, magazines. Observe the housing in the community, if a property is for sale or rent look up the cost. What stands out to you right away? Remember you are not interpreting yet.

3. Meditatio (meditate)

Find a quiet place to sit in the neighborhood. Reflect upon what you saw. Replay the walk in your imagination, stopping for moments that stood out to you. Ruminates on these moments. What stood out to you about them? Slowly shift your focus from the mind to the heart. What feelings stirred in you? What was happening under the surface? Where did you feel God's presence on your walk? Where could you see God already working?

4. Oratio (pray)

Shift into a conversation with God about what you saw on your walk. You can do this in a journal if it helps. Ask God some questions. Ask God for clarity in areas that are unclear. Ask God where you might partner with God's redemptive work already happening in the community.

5. Contemplatio (contemplate)

As you begin to close, jot down your newly discovered insights about your neighborhood. Write down anything you feel God was saying to you in this time. Rest in God's presence for a few moments before returning to your daily tasks.

Centering Prayer

Pray silently in this way to empty the mind and become open to God's presence. Quiet your mind. Be still. If lists or outside thoughts begin to invade this sacred space try this. Close your eyes and imagine that you are standing in a forest along the side of a stream. When a thought enters your mind, imagine the thought landing on a leaf, floating down onto the surface of the stream and floating away until it is out of view. Spend this silent time with God.



Prayer through Movement

Breathe. Use your mind and body to communicate with God. Yoga and dance are options as well.

Examples:

1. Breath prayers

Breath in and out - use the natural rhythm of your breathing to pray these scriptures. You choose a brief sentence or a simple phrase that can be repeated in one breath. Pray it as often as possible so it is rooted deep in your heart.

Lord, have mercy. (Psalm 123:3)

Speak, Lord, your servant is listening (1 Samuel 3:9)

My help comes from the Lord, the maker of heaven and earth (Psalm 121:2)

Here I am (Isaiah 6:8)

Not my will, but yours (Luke 22:42)

Come, Lord Jesus (Revelation 22:20)

2. Motion prayers

Use your whole body to talk to God. (3 deep breaths)

God, you are above (reach toward the sky),

below (touch your toes),

inside (hands to heart)

and all around (big arm circles).

I worship you (reach toward the sky),

and give my life to you (touch your toes),

and I love you (hands to heart)

with all that I am (big arm circles).

(3 deep breaths)

Five Finger Prayer

Use your hand to guide your prayer wherever you may be.

The thumb is for those closest to you.

The index finger for those who teach, inspire and heal us.

The middle finger, our tallest, is for our leaders.

The ring finger, our weakest, for those who are weak.

The pinky is for ourselves.



Scripture Prayer

Choose a Bible verse and use it as a prayer to begin and end each day. You may even post it by your bed.

Romans 5:1 - Therefore, since we have been made righteous through his faithfulness, we have peace with God through our Lord Jesus Christ.

John 3:16 - God so loved the world that he gave his only Son, so that everyone who believes in him won't perish but will have eternal life.

Psalms 46:1 - God is our refuge and strength, a help always near in times of great trouble.

Romans 15:13 - May the God of hope fill you with all joy and peace in faith so that you overflow with hope by the power of the Holy Spirit.



Doodle Prayer

Gather something to color with (crayons, markers, pens, pencils) and some paper or coloring sheets. Decide what you will pray for with each color. Example: blue for the earth, red for sunshine and flowers, green for food, etc. Write a name for God, the name of someone you're praying for, or words from a scripture verse. Draw a shape around it and begin to doodle. Pray as you draw. Ask God to be part of this prayer time. Keep drawing as you release these prayers to God.



Prayer of Hope

God of hope and love, life sometimes feels complicated. There are times when we are mentally, emotionally, and physically exhausted. There is a hope in our hearts, knowing that you will hear our prayers. It is an incredible blessing for us that You care for us, and cheer us on when we feel like we can't keep going. We are deeply grateful for Your outpouring of love and divine encouragement.

Your Word tells us that we can rejoice in our sufferings because it will develop the traits that will help us to become more like You as we walk in our journey. We pray for endurance, for character, and for hope. Your promise to BE our hope keeps us going. Help us to focus less on the problems we are experiencing all around us, and instead enable us to focus on You and the hope that You give to us that transforms us. In your glorious name. Amen.



Transforming Love Prayer

Gracious and Loving God,
Thank you for the gift of grace and peace you bless us with through Jesus, our Lord. We are unworthy, yet you gift us anyway. Too often we underestimate the power of your transforming love. While the transformation of a caterpillar into a butterfly is an amazing testimony to the wonders of your creation, even more amazing is the transforming power of love you have in store for us. Pour your love into our hearts. Help us to grow in your grace. Energize us for the journey you call us to follow. Use the challenges we will face to strengthen our hope in you. Enable us so that our actions become a testimony of your love, grace, and peace. Unite us as we reaffirm our commitment to further your kingdom on earth and seek to follow you in being, making, and maturing disciples of Jesus for the transformation of the world. In the power of your love and grace we pray. Amen.



Prayer of Endurance

Most amazing Father, You are shown to us in so many ways, You hold together all things, and we celebrate You. You made the light and darkness, and created the mountains and oceans, and we are transformed and in awe of your beautiful work. The incredible creation that is all around us gives us hope in times that are rough, and gives us peace. We are ever grateful for the love and forgiveness that we are shown every day. Amen



Laying Down Our Fears

Gather: a mat or pillows to use to lay on the floor, a Bible, paper and pen.

1. Kneel or Lay Down on the Mat – symbolically placing yourself before Jesus like the man who came to him paralyzed on the mat.
2. Ask yourself: what are the anxieties, fears, regrets or doubts that have paralyzed you from change?
3. Write them down on the paper.
4. Kneel before Jesus, asking for forgiveness, love, and peace to take the place of those things and to help you change.



General Rule of Discipleship

To witness to Jesus Christ in the world, and to follow his teachings through acts of compassion, justice, worship, and devotion under the guidance of the Holy Spirit.

The General Rules:

1. Do no harm - decide not to harm others, and guard our hearts, words, and actions
2. Do good - all the good we can in all the ways we can; we're only limited by our creativity
3. Stay in love with God - do this by spending TIME with God each and every day.

Have a conversation with God.



Lectio Divina

One spiritual practice that can deepen your spiritual life is lectio divina, which means divine or sacred reading and is an ancient practice of praying over scripture. Lectio divina is a more reflective way of reading scripture, which allows us to hear God's voice in a different way.

Lectio (reading)

Read the scripture you have selected. (if you have the time 3 translations are good here.)

Ask: What word, phrase, or image stands out?

Meditatio (reflecting)

Read the scripture again. Sometimes reading aloud is helpful.

Ask: What questions arise? In what way does this passage connect with your life today?

Oratio (responding)

Read the scripture a third time.

Ask: What will I do, be, or change as a result of reading this scripture?

Contemplatio (resting)

Pray. Reflect on the scripture and the way your body responded to its message.

For more information on Lectio Divina go to upperroom.org/resources/lectio-divina-praying-the-scriptures

Scriptures to try:

Romans 5:1-5

Micah 6:8

Isaiah 43:1-4

Matthew 5:13-16

Psalm 46:10-11

Our Father in heaven may your name be kept holy.

Think of a time when it seemed like God was near to you. How did you feel? Thank Him now. Keeping someone's name holy is so much more than not swearing. It's about living in a way that honors that person, whether they are a mom, dad, friend, or maybe the God of the whole universe. It helps us to feel closer to them. How might you live your life in a way that's just a little closer to God?





**May your kingdom come
soon. May your will be
done on earth, as it is in
heaven.**

What do you think it would look like if earth was like heaven? Think of one thing that would be different in the lives of those around you, or in the wider world. Pray for change.

The Lord's Prayer - Part 2



Give us today the food we need.

Food, water, shelter. These things are essential to life. Millions of people around the world struggle every day to meet these needs. What needs do we easily take for granted? Thank God for something you need every day that you don't have to worry about. Now pray for people in the world whose basic needs aren't met, whether far away, or in our neighborhood. How might God use you to help meet someone else's needs?



Forgive us our sins, as we have forgiven those who sin against us.

Was there a time this week when you said or did something you hope Jesus didn't notice? Take a moment to say sorry. What hurts are you carrying because of something someone said or did to you? Could you choose to forgive them now?





And don't let us give in to temptation, but rescue us from the evil one.

Has there been a time when you did something even when you knew it was the wrong thing? Is there somewhere in your life where you are struggling to do the right thing? Ask God to guide you, and to help you make good choices.



For the kingdom, the power and the glory are yours, now and forever.

It all belongs to God. What makes you aware of God's kingdom? Moments of peace or worship? Gathering with other believers? What makes you aware of God's power? Prayers answered? Evil overcome? What makes you aware of God's glory? The natural world, beautiful and awe inspiring? A sunset? A starry night? Thank God for something you've seen or experienced that made you think of Him. Each day, keep your eyes and ears open to all that God is doing. And be thankful.

