

IDEAS FOR WAYS TO PRAY

1. **TAKE A WALK:** Whether in a park, around the block, at the local mall, or through the woods, enjoy the exercise as you commune with your Creator.
2. **PRAYING OVER SCRIPTURE:** During your readings or study find a scripture and turn it into a prayer.
3. **P.R.A.Y.:** Praise. Repent. Ask. Yield.
4. **CHANT:** Turn your word, scripture, or prayer into a monotone chant. Repeat it over and over again.
5. **JOURNAL:** Write out your concerns, heartaches, requests, gratitude, or struggles. Write letters, poems, or prose. Journaling allows for you to freely think and document your prayers. Later you can return to the prayers and see how they have been answered.
6. **COLOR OF PRAYER:** Are you artistic or a kinetic thinker/prayer? Or do you tend to fall asleep if you sit still for too long? Consider using the color of prayer technique where you start with a word, situation, or person and draw continuous lines (doodles). Once done with the lines, using crayons, markers, or colored pencils, color between the lines as you pray. Place the topic of your artwork on it when finished to assist you in recalling your prayer. (Make a color journal.)
7. **PRAY OVER YOUR SCHEDULE:** Take your day and all that is happening and pray over it.
8. **PRAY ABOUT THE NEWS:** As you read or hear the day's news, pray over whatever is troubling you or the people involved. Pray over politicians, community leaders, nations, schools and people who are in the news.
9. **BE QUIET:** Prayer should be a two-way communication. Take the time to be silent and listen. Turn off the distractions that may keep you from hearing God in your prayer time. Let your spirit be moved and help you realize what is needed for God's will in your life.
10. **BREATH PRAYERS:** Throughout your day thoughts come in and out of your mind. Make breath prayers throughout your day by starting with a word or topic, then think of it and God as you go about your regular routines. Speak it with your breath frequently. "Pray without ceasing."
11. **A.C.T.S.:** Adoration. Confession, Thanksgiving. Supplication.
12. **PRAY ON THE MOVE:** Whether in the car, on a lawn mower, or during any movement, pray. Use certain landmarks to guide you or just let the motion move your prayers.
13. **PRAY HOLDING A PET:** Pets can calm you and give you a purpose while praying, so grab your pet and pray out loud. They will cherish the time, loving the attention you are giving them while you are talking with God.
14. **PRAY AS YOU CLEAN:** Household chores can sometimes be mundane tasks. Use the time to pray and commune with God to make the task go quickly.
15. **PRAY UNDER THE STARS:** Take some time and go outside at night. Gaze at the stars and wonder at their beauty while you pray to your Creator.
16. **PRAY LOUDLY:** Sometimes it helps to speak loudly. It is okay to raise your voice. Go to a room, shut the door and yell, scream, speak loudly... Shout to the Lord!
17. **PRAY THROUGH EXERCISE:** When you take the time to exercise, take the time to pray. Pray through your 20-, 30-, or 60-minute workout.
18. **PRAY WITH A CANDLE:** The light can give you focus as you pray.

19. **PRAY WITH FEELING:** Whether with laughter or weeping, true and unfiltered emotion can bring prayer to life.
20. **PRAY FOR CLARITY:** No matter what you need to pray about, pray for understanding and clarity.
21. **LECTIO DIVINA:** (Translated to mean “Divine Reading”) is a practice where you read scripture, slowly and carefully. Once it is read through, pause and take the time to hear God’s message for you. Then read the scripture again. Repeat this process numerous time to discern God’s message for you in the scripture.
22. **EYES WIDE OPEN:** Do you close your eyes when you pray? Try instead to pick an object such as a cross, candle, bible, picture, or any item where you can focus your eyes.
23. **IGNATION METHOD:** Read the scripture and imagine the scripture visually in your mind like you are viewing a short film.
24. **EXAMINE YOUR DAY:** As you pray, examine your day including all aspects: what worked, what didn’t, and how you might do it differently if in a similar circumstance.
25. **SING YOUR PRAYER:** Pick a favorite tune or make one up and sing your praises and prayers to our God.
26. **PRAY WITH OTHERS:** Find others: friends, family, or neighbors, and pray together.
27. **PRAY BY EXAMPLE:** Using the model that Jesus taught us in the Lord’s Prayer, pray in a similar way. Call upon the Lord. Praise God. Pray for God’s will. Give Thanks for daily needs met. Pray for forgiveness of others and ourselves. Seek deliverance. Pray for God’s will fulfilled.
28. **PRAY AS YOU ARE.** Come to God as you are; come with whatever needs, baggage, hopes, or dreams you may have. God knows us, so just be honest.
29. **PRAY AS YOU NEED.** Our needs may be many or few. Our needs may be great or they may be small but nothing should stop us from telling God what is on our hearts. Nothing is ever too great or too trivial for our Creator.
30. **PRAY AS THE SPIRIT MOVES YOU.** Be in the moment and allow the Spirit to move us into the prayer style in which we need for that moment.
31. **THE ALPHA AND THE OMEGA:** Pray first thing in your day and the last.
32. **MEDIATE:** As you take some time and breathe deeply, mediate on a word, joy, concern or thought. Then pray for God to give you wisdom, peace, and clarity around it.
33. **GO TO A HOLY PLACE:** Sometimes you just need to be in a Holy place: whether a physical place or a mental one. This may mean a trip to your favorite garden, to church, or through meditation going to a special place where you can easily speak to God. Find your holy place (or several).
34. **FIVE-FINGER PRAYER:** Thumb—as the foundation and from strength—pray for family, friends, and your church; Pointer—for those who point the way—the leaders and teachers, and those which influence your life; Middle—as the tallest, pray for those in government or authority; Ring—as the weakest, pray for those who need your help, the weak, the affirmed, or an enemy; finally, the last and the smallest pray with the pinkie for yourself.
35. **POPCORN PRAYER:** Begin with a seed word, gradually bounce the word around in your head, go where your thoughts lead; into other thoughts and other words. As the words build, allow them to explode into praise and thanksgiving and the presence of our Lord in the room and within your prayer.
36. **Make your own:** Add to the prayer ideas with your own.