

# PRACTICE PRAYER

Make a plan for how and when you will engage the practice of prayer this week. Choose one to focus on all week, or try out several. Reflect on how prayer helps you listen for the Spirit, love God and others, and be more like Jesus.

*"The great thing is prayer. Prayer itself. If you want a life of prayer, the way to get it is by praying.... You start where you are and you deepen what you already have."* ~ Thomas Merton

## PRAYER PRACTICES

- **ACTS prayer** - Adoration (Wow, God!), Confession (I'm sorry, God.), Thanksgiving (Thank you, God.), Supplication (God, please help...)
- **Try a new prayer posture** and pray with your whole being. Find ideas at [tinyurl.com/FFMPostures](http://tinyurl.com/FFMPostures).
- **Praying in Color** - Doodle and draw as you pray. See examples at [www.prayingincolor.com](http://www.prayingincolor.com)
- **Be with God** - Next time you engage in an activity you enjoy, ask God to be with you. See what it's like to do this activity as a prayer, noticing God with you as you write, play, sing, etc.
- **Set a reminder** - Think of something that will remind you of God's presence with you and draw you into a spirit of prayer. It could be hearing the school bell ring, when your alarm goes off, when you hear emergency sirens, when you wake up, when you go to bed, etc.
- **Keep a prayer journal** and journal or write out your prayers.
- **Pray the news** - read/listen to a news story and lift up the situation and people in prayer.
- **Pray at meals** consistently, reflecting on all that God has provided.
- **Try contemplative prayer**, either a breath prayer (breathe in a name for God and breathe out what you need from God, then repeat) or centering prayer (choose a word to focus you and rest silently in God's presence).
- **Examen** - good for the end of the day. 1) Become aware of God's presence. 2) Review the day with gratitude. 3) Pray the day (praise, thanksgiving, confession, petitions that come from the day. 4) Pay attention to your emotions. 5) Look forward to tomorrow and give the day to God.
- **Praying through music** - listen to a song and let it lead you to prayer.