

Pray All Ways

Although you may occasionally engage in almost all these practices, place a check beside those items which represent your regular pattern. Also highlight or circle those which you may like to try and begin experimenting with them in your regular prayer life.

- read prayers from a book, or from the Psalms, or recite prayers you have memorized
- write your prayers
- follow an outline or pattern in your prayer time
- talk to God, spontaneously, in your own words
- express your feelings to God
- intercede by entering empathetically into the feelings of others and bearing these feelings to God in prayer
- intercede by talking to God about other's needs
- intercede silently by visualizing the other person in Christ's presence
- intercede for others while looking at their photographs
- intercede for others with the use of a "prayer list"
- spend time just "feeling" the presence of God
- spend time quietly thinking about God
- listen in silence for what God wants to say
- pray a phrase or verse from scripture in order to focus your attention and rest in God's presence
- imagine Christ present with you, or visualize yourself as present with Him in some gospel scene, and let that lead into conversational prayer with Christ
- read a passage of scripture and try to allow God to show you how it relates to or applies to your life
- read from a devotional source which raises your thoughts to God and helps you think about His attributes and qualities and stimulate your worship
- pray over your day's schedule, offering persons & situations to God in anticipatory prayer, and to seek God's help in ordering your priorities
- read a selection from a devotional source which relates stories about how real people have experienced God in their circumstances, using it as a "faith lift"

- "daydream" or follow a stream of consciousness in God's presence allowing it to take you "wherever" as you open yourself to God--all the way from confession of sins, asking for help, or receiving creative ideas
- think about something in a focused way, in God's presence, perhaps with pen in hand
- use symbols in your place of prayer (for example, a lit candle, open Bible, picture, cross, or worship center of some sort)
- sing, play a musical instrument or listen to music during your time of prayer
- keep a spiritual journal or prayer diary
- set aside time during prayer in order to reflect deliberately over your day, in order to see how God has been (or may have wanted to be) at work
- set aside time for self-examination into your attitudes, actions or thoughts which are hindering your relationship with God
- "practice the presence of God" during the day by frequent interior conversations with God
- find that there are frequent moments through the day when your thoughts turn to God and you are conscious of God's presence in you
- organize your schedule so that there are fixed times throughout the day when you remind yourself to lift your heart to God in prayer
- "pray with your body" by using posture (kneeling, lying prostrate, etc.)
- use actions (dancing or movement), or gestures (palms opened, arms lifted, etc.), as a means of prayerful expression to God
- sometimes use voluntary denial of an otherwise normal function (eating, watching TV, sweets, etc.) for the sake of spiritual focus and prayer
- walk/jog/play in order to place yourself in the "path" of God who lifts your spirit through the beauty of creation
- listen to audio readings of scripture selections, as you drive, work, or rest
- read/sing from the hymnal or other worship songs in order to drink in the message which comes through the poetic imagery as a means of being with God

- from Dr. Reginald Johnson, Asbury Theological Seminary

Note: This is only a sampling of various forms of prayer. You may discover many more.