

# Teach me to pray...



A guide on ways to  
help us engage more  
deeply in prayer.

**Teach me to pray...**

Version 1

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# Introduction:

“Look! I stand at the door and knock. If you hear my voice and open the door, I will come in, and we will share a meal together as friends.” (Revelation 3:20 NLT)



I wonder whether you have ever stopped to consider what prayer really is? Perhaps it is something that we join in with at church on Sundays, or perhaps it is something we do at home when something is going wrong such as we have lost the keys for the car. For some of us, our first real experience of prayer is about bringing our concerns to God, perhaps even coming with something like a shopping list of worries and problems which we want God to respond to.

However, prayer is about more than passing over our concerns to God, although part of prayer is about sharing these things with God. Prayer is about our relationship with God, about spending time talking with one who invites us to call him father (Matthew 6:9). While prayer can sometimes feel like a one-way relationship, it is about placing ourselves where the creator of the universe can speak to each of us individually (however this may occur).

There are countless books which talk about the importance of prayer and seek to give a theological and Biblical basis for prayer. However, this booklet is not concerned about trying to justify why prayer is important, so much as simply encouraging people to pray. Throughout the booklet you will find a wide variety of

models of prayer, from very liturgical structures, through to reflective models, through to creative ways of praying. The one thing each has in common is they all are seeking to help us connect with God.

### *Navigating the booklet*

The booklet is broken down into three sections:

- 1. Structured prayers** – this contains a selection of liturgical or otherwise formalised prayer. These feel most like prayers you may hear at church and provide a structure for what to pray about at different times. Some even feature audio versions where you join with others in prayer.
- 2. Reflective prayers** - for those who enjoy silence and time to think, this section contains prayers of a reflective nature.
- 3. Creative prayers** – if you enjoy being active or moving, and think best when doing something else, then these prayers may suit you. This section contains a range of prayers which help you to engage in the world around you, and often require a physical response.

The guides to prayer found in this booklet may contain the following features:

- A short introduction to the method of prayer
- Useful information about how to apply this prayer method

- For those who have found a particular method helpful, further ways of using this method of prayer (particularly for more structured methods). This includes recommendations for books, websites and apps available on your mobile phone or tablet all of which have regular prayers for your daily devotions. Some of these may include audio versions for those who prefer to listen to prayers.
- Suggestions for similar methods of prayer which may be useful to explore (whether those detailed in the booklet or which are available elsewhere).
- QR codes and links to other websites (the latter are shown in [blue](#)). To use a QR code, turn on your mobile phone or tablet and open the camera feature. Hold the phone's camera in front of the QR code (such as that shown to the right). The phone should read the code and suggest a link (in this case to the Christ Church website).



*At the back of the booklet there is a full list of resources relating to prayer, and particularly some of the methods used.*

The prayer methods listed are only suggestions and should not be seen as an exhaustive or authorised list, but only examples to encourage you to explore praying in new ways. As you read through this booklet, I pray that you will be inspired to explore new ways of praying, as you seek an ever deeper relationship with our creator God.

Rev Ben Williams  
March 2025  
Curate at Christ Church, Bedford

# Section 1:

# Structured Prayers



## *Introduction:*

*This first selection of prayers all have a set structure, and often follow a pattern similar to a church service. For those who are unfamiliar with personal prayer, these can often help, as they guide you through prayer either with clear prompts or with set prayers which can be read. Some even have audio versions, meaning you can listen and join with others who are praying.*

# Common Worship: Morning prayer

## *Introduction:*

Since the beginning, Christians have been gathering to pray together at regular intervals through the day to hear God's word, respond in praise, and to bring concerns for the world before God. Over time this has developed primarily into a pattern of services of morning and evening prayer. While primarily designed to be said collectively, these liturgies can equally be said alone.



## *Useful information to know:*

- The liturgy provided is that given for Morning Prayer on Mondays. Each day of the week has a different set prayers, with space for bringing intercessions to God.
- Some prayers are optional, usually indicated by the phrase 'may be said'.
- Additional prayers to use within Morning Prayer are available.
- As a corporate liturgy, text in bold is that usually read all together, with that not in bold said by those leading the service. If praying alone read all the text.
- A similar pattern of Evening Prayer is available, details provided at the end of this section.

*Common Worship: Daily Prayer, material from which is included in this service, is copyright © The Archbishop's Council 2005.*



# Morning Prayer

## Preparation

O Lord, open our lips  
**and our mouth shall proclaim your praise.**

- 1 The Lord is full of compassion and mercy, slow to anger and of great kindness.
- 2 He will not always accuse us, neither will he keep his anger for ever.
- 3 He has not dealt with us according to our sins, nor rewarded us according to our wickedness.
- 4 For as the heavens are high above the earth, so great is his mercy upon those who fear him.
- 5 As far as the east is from the west, so far has he set our sins from us.
- 6 As a father has compassion on his children, so is the Lord merciful towards those who fear him.
- 7 For he knows of what we are made; he remembers that we are but dust.
- 8 Our days are but as grass; we flourish as a flower of the field;
- 9 For as soon as the wind goes over it, it is gone, and its place shall know it no more.

10 But the merciful goodness of the Lord is from of old and endures for ever on those who fear him, and his righteousness on children's children;

11 On those who keep his covenant and remember his commandments to do them.

*Psalm 103.8-18*

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

**This opening prayer may be said**

The night has passed, and the day lies open before us; let us pray with one heart and mind.

*Silence is kept.*

As we rejoice in the gift of this new day,  
so may the light of your presence, O God,  
set our hearts on fire with love for you;  
now and for ever.

**Amen.**

# The Word of God

## Psalmody

*A reading from the Psalms is said, ending with:*

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

## Scripture Reading

*A reading from scripture is heard.*

### ***A canticle may be said***

***All the earth, shout and sing for joy,  
for great in your midst is the Holy One.***

*1 'Behold, God is my salvation; I will trust and will not be afraid;*

*2 'For the Lord God is my strength and my song, and has become my salvation.'*

*3 With joy you will draw water from the wells of salvation.*

*4 On that day you will say, 'Give thanks to the Lord, call upon his name;*

*5 'Make known his deeds among the nations, proclaim that his name is exalted.*

*6 'Sing God's praises, who has triumphed gloriously; let this be known in all the world.*

*7 'Shout and sing for joy, you that dwell in Zion, for great in your midst is the Holy One of Israel.'*

*Isaiah 12.2-6*

***Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.***

***All the earth, shout and sing for joy,  
for great in your midst is the Holy One.***

### **Responsory may be said**

*Trust in the Lord with all your heart; and be not wise in your own sight.*

***Trust in the Lord with all your heart; and be not wise in your own sight.***

*In all your ways acknowledge him and he will make straight your paths.*

***Trust in the Lord with all your heart.***

*Glory to the Father and to the Son and to the Holy Spirit.*

***Trust in the Lord with all your heart; and be not wise in your own sight.***

*from Proverbs 3*

### **Scripture Reading**

*A second reading from scripture (usually from the Gospels) is heard.*

### **Gospel Canticle**

***You have set us free to worship you without fear, holy and righteous in your sight.***

*1 Blessed be the Lord the God of Israel, who has come to his people and set them free.*

*2 He has raised up for us a mighty Saviour, born of the house of his servant David.*

3 Through his holy prophets God promised of old to save us  
from our enemies, from the hands of all that hate us,  
4 To show mercy to our ancestors, and to remember his holy  
covenant.

5 This was the oath God swore to our father Abraham: to set  
us free from the hands of our enemies,

6 Free to worship him without fear, holy and righteous in his  
sight all the days of our life.

7 And you, child, shall be called the prophet of the Most  
High, for you will go before the Lord to prepare his way,

8 To give his people knowledge of salvation by the  
forgiveness of all their sins.

9 In the tender compassion of our God the dawn from on  
high shall break upon us,

10 To shine on those who dwell in darkness and the shadow of  
death, and to guide our feet into the way of peace.

Luke 1.68-79

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

**You have set us free to worship you without fear,  
holy and righteous in your sight.**

# Prayers

## *Intercessions are offered*

- *For the day and its tasks*
- *For the world and its needs*
- *For the Church and her life*

## *These responses may be used*

*Lord, in your mercy  
hear our prayer.*

## *The Collect of the day (here) or the following is said*

*Lord our God, as with all creation we offer you the life of this new day, give us grace to love and serve you to the praise of Jesus Christ our Lord. Amen.*

## *The Lord's Prayer is said*

*Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Lead us not into temptation but deliver us from evil. For the kingdom, the power, and the glory are yours now and for ever. Amen.*

# The Conclusion

*The Lord bless us, and preserve us from all evil, and keep us in eternal life.*

***Amen.***

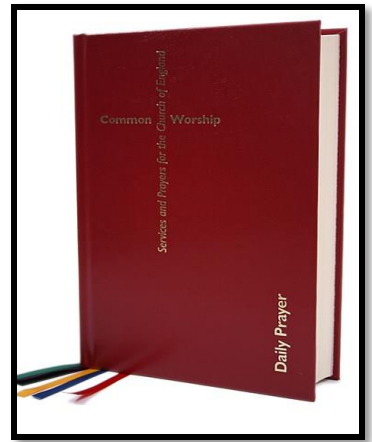
*Let us bless the Lord.*

***Thanks be to God.***

# How can I access Morning Prayer

*If you would like to continue using Morning Prayer, this is available:*

- **In print:** ‘Common Worship – Daily Prayer Book’ (ISBN: 9780715120736)
- **Online:** Follow the QR Code or visit [daily.commonworship.com](http://daily.commonworship.com) (Select contemporary then click “select this service”).
- **In the app:** Scan the QR Code or visit the Google Play Store Apple App Store and search for ‘Daily Prayer’. (Nb. A paid subscription is only required to access Daily Prayer without using the internet in the app).
- **As a podcast:** Scan the QR code, or search for ‘Daily Prayer’ in your favourite podcast provider. (Nb. You can also listen to the podcast through the Daily Prayer App detailed above).



# Enjoyed Morning Prayer?

If you have enjoyed praying through Morning Prayer, why not check out some of these related resources:

- **Evening Prayer:** A daily prayer service following the same pattern as Morning Prayer and available from the same sources.
- **Compline (Night Prayers):** an order of prayer which helps to reflect upon the day and prepare for sleep. An order for Compline can be found in section 1 of this booklet (starting on [page 17](#)).
- **Celtic Daily Prayer (Morning, Midday, Evening and Compline):** A reflective daily prayer based on the Celtic tradition.  
Available online from:

[www.northumbriacommunity.org/offices/morning-prayer/](http://www.northumbriacommunity.org/offices/morning-prayer/)

This can be found in print within the book 'Celtic Daily Prayer' by the Northumbria Community (ISBN: 978-0008123024).

- **Time to pray:** a simplified version of Morning and Night Prayer, produced by the Church of England, ideally suited to those looking for something simpler, or who are just starting in prayer. This is available via the Time to Pray App, or via podcast.







# Common Worship: Compline

## *Introduction:*

Taken from the Latin meaning completion, Compline is a service to mark the end of the day before going to sleep. It is marked by silence and times to reflect upon your day, and ideally should culminate in going to bed.

## *Useful information to know:*

- Unlike Morning and Evening Prayers, Compline uses the same liturgy for each day of the week throughout the year.
- The liturgy contains 3 printed psalms, along with short verses of scripture to read. If you are doing Compline on a regular basis you may wish to use alternative Psalms and or scripture readings to provide diversity to your prayers.
- For example, seasonal variations to Compline are provided within the printed Common Worship: Daily Prayer book or from the Common Worship Website.
- As a corporate liturgy, text in bold is that usually read all together, with that not in bold said by those leading the service. If praying alone read all the text.

*Common Worship: Daily Prayer, material from which is included in this service, is copyright © The Archbishop's Council 2005.*

# Compline

## Preparation

The Lord almighty grant us a quiet night and a perfect end.  
**Amen.**

Our help is in the name of the Lord  
**who made heaven and earth.**

*A period of silence for reflection on the past day may follow.*

*The following or other suitable words of penitence may be used*

**Most merciful God, we confess to you, before the whole company of heaven and one another, that we have sinned in thought, word and deed and in what we have failed to do. Forgive us our sins, heal us by your Spirit and raise us to new life in Christ. Amen.**

O God, make speed to save us.  
**O Lord, make haste to help us.**

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.  
Alleluia.**

*The following or another suitable hymn may be sung*

Before the ending of the day, Creator of the world, we pray that you, with steadfast love, would keep your watch around us while we sleep.

From evil dreams defend our sight, from fears and terrors of the night; tread underfoot our deadly foe that we no sinful thought may know.

O Father, that we ask be done through Jesus Christ, your only Son;

And Holy Spirit, by whose breath our souls are raised to life from death.

## **The Word of God**

*Psalmody*

*One or more of the following psalms may be used.*

### ***Psalm 4***

1 Answer me when I call, O God of my righteousness; you set me at liberty when I was in trouble; have mercy on me and hear my prayer.

2 How long will you nobles dishonour my glory; how long will you love vain things and seek after falsehood?

3 But know that the Lord has shown me his marvellous kindness; when I call upon the Lord, he will hear me.

4 Stand in awe, and sin not; commune with your own heart upon your bed, and be still.

5 Offer the sacrifices of righteousness and put your trust in the Lord.

6 There are many that say, 'Who will show us any good?' Lord, lift up the light of your countenance upon us.

7 You have put gladness in my heart, more than when their corn and wine and oil increase.

8 In peace I will lie down and sleep, for it is you Lord, only, who make me dwell in safety.

### ***Psalm 91***

1 Whoever dwells in the shelter of the Most High and abides under the shadow of the Almighty,

2 Shall say to the Lord, 'My refuge and my stronghold, my God, in whom I put my trust.'

3 For he shall deliver you from the snare of the fowler and from the deadly pestilence.

4 He shall cover you with his wings and you shall be safe under his feathers; his faithfulness shall be your shield and buckler.

5 You shall not be afraid of any terror by night, nor of the arrow that flies by day;

6 Of the pestilence that stalks in darkness, nor of the sickness that destroys at noonday.

7 Though a thousand fall at your side and ten thousand at your right hand, yet it shall not come near you.

8 Your eyes have only to behold to see the reward of the wicked.

9 Because you have made the Lord your refuge and the Most High your stronghold,

10 There shall no evil happen to you, neither shall any plague come near your tent.

11 For he shall give his angels charge over you, to keep you in all your ways.

12 They shall bear you in their hands, lest you dash your foot against a stone.



13 You shall tread upon the lion and adder; the young lion and the serpent you shall trample underfoot.

14 Because they have set their love upon me, therefore will I deliver them; I will lift them up, because they know my name.

15 They will call upon me and I will answer them; I am with them in trouble, I will deliver them and bring them to honour.

16 With long life will I satisfy them and show them my salvation.

### ***Psalm 134***

1 Come, bless the Lord, all you servants of the Lord, you that by night stand in the house of the Lord.

2 Lift up your hands towards the sanctuary and bless the Lord.

3 The Lord who made heaven and earth give you blessing out of Zion.

*At the end of the psalmody, the following is said or sung*

**Glory to the Father and to the Son**

**and to the Holy Spirit;**

**as it was in the beginning is now**

**and shall be for ever. Amen.**

## ***Scripture Reading***

*One of the following short lessons or another suitable passage is read*

You, O Lord, are in the midst of us and we are called by your name; leave us not, O Lord our God.

*Jeremiah 14.9*

*(or)*

Be sober, be vigilant, because your adversary the devil is prowling round like a roaring lion, seeking for someone to devour. Resist him, strong in the faith.

*1 Peter 5.8, 9*

*(or)*

The servants of the Lamb shall see the face of God, whose name will be on their foreheads. There will be no more night: they will not need the light of a lamp or the light of the sun, for God will be their light, and they will reign for ever and ever.

*Revelation 22.4, 5*

*The following responsory may be said*

Into your hands, O Lord, I commend my spirit.

**Into your hands, O Lord, I commend my spirit.**

For you have redeemed me, Lord God of truth.

**I commend my spirit.**

Glory to the Father and to the Son

and to the Holy Spirit.

**Into your hands, O Lord, I commend my spirit.**

## ***Scripture Reading***

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Be sober, be vigilant, because your adversary the devil is prowling round like a roaring lion, seeking for someone to devour. Resist him, strong in the faith.

*1 Peter 5.8, 9*

*(or)*

The servants of the Lamb shall see the face of God, whose name will be on their foreheads. There will be no more night: they will not need the light of a lamp or the light of the sun, for God will be their light, and they will reign for ever and ever.

*Revelation 22.4, 5*

*The following responsory may be said*

Into your hands, O Lord, I commend my spirit.

**Into your hands, O Lord, I commend my spirit.**

For you have redeemed me, Lord God of truth.

**I commend my spirit.**

Glory to the Father and to the Son

and to the Holy Spirit.

**Into your hands, O Lord, I commend my spirit.**

## ***Gospel Canticle***

*The Nunc dimittis (The Song of Simeon) is said or sung*

**Save us, O Lord, while waking, and guard us while sleeping,  
that awake we may watch with Christ and asleep may rest in  
peace.**

1 Now, Lord, you let your servant go in peace: your word has been fulfilled.

2 My own eyes have seen the salvation which you have prepared in the sight of every people;

3 A light to reveal you to the nations and the glory of your people Israel.

*Luke 2.29-32*

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

**Save us, O Lord, while waking,  
and guard us while sleeping,  
that awake we may watch with Christ  
and asleep may rest in peace.**

## **Prayers**

*Intercessions and thanksgivings for the world and for the day  
that has past may be offered here.*



## **The Collect**

*Silence may be kept.*

Visit this place, O Lord, we pray, and drive far from it the snares of the enemy; may your holy angels dwell with us and guard us in peace, and may your blessing be always upon us; through Jesus Christ our Lord. **Amen.**

*The Lord's Prayer may be said.*

***Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Lead us not into temptation but deliver us from evil. For the kingdom, the power, and the glory are yours now and for ever. Amen.***

## **The Conclusion**

In peace we will lie down and sleep;  
**for you alone, Lord, make us dwell in safety.**  
Abide with us, Lord Jesus,  
**for the night is at hand and the day is now past.**  
As the night watch looks for the morning,  
**so do we look for you, O Christ.**

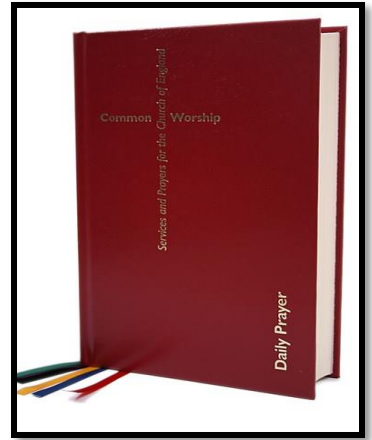
[Come with the dawning of the day  
**and make yourself known in the breaking of the bread.]**

The Lord bless us and watch over us;  
the Lord make his face shine upon us and be gracious to us;  
the Lord look kindly on us and give us peace.  
**Amen.**

# How can I access more Compline Liturgies?

If you would like to continue using  
Compline, this is available:

- **In print:** 'Common Worship – Daily Prayer Book' (ISBN: 9780715120736)
- **Online:** Follow the QR Code or visit [daily.commonworship.com](http://daily.commonworship.com) (Select contemporary, then select "Night Prayer", then click "select this service").



## Enjoyed Compline?

If you have enjoyed praying through Compline, why not check out some of these related resources:

- **Celtic Daily Prayer, or Time to pray:** Both these resources contain liturgies for night prayers. Further details are available at the end of the Morning Prayer section ([page 16](#)).
- **Examen:** A simple method of evening prayer which guides you through the process of reflecting upon the day and offering it up to God. A guide to Examen is provided in section 2 of this booklet ([beginning on page 41](#)).



# ACTS Prayer

## *Introduction:*

If you are looking for a simple structure to help you in your prayers, then look no further than the ACTS method. The origins of this method are unclear, but it has likely been around for at least 100 years. While it has little to do with the book of the New Testament, it is a simple and easy to remember acronym for a 4-step method of prayer comprising of:

1. **Adoration** – praising God
2. **Confession** – saying sorry to God
3. **Thanksgiving** - thanking God for all he has done
4. **Supplication** – bringing your concerns or needs before God

## *Useful information to know:*

- Due to its simplicity, the ACTS model works well for those who are new to faith, or new to prayer. It can also be used with younger children.

# 1) Adoration

*“The Lord reigns, let the earth be glad; let the distant shores rejoice. Clouds and thick darkness surround him; righteousness and justice are the foundation of his throne.”*  
*(Psalm 97:1-2 NIV)*



The first step in praying through ACTS is adoration, that is praising God for who he is. So often our prayers to God are focused on our needs, or even on thanking God, but here a distinction is drawn between thanking and praising God. While thanking God is about expressing gratitude for what God has done, praising God is about celebrating who God is, celebrating his worthiness of our praise (regardless of what he has done for us).

There are many examples of prayers of praise in the Bible, but perhaps the most common is the Psalms, many of which are prayers of praise to God (such as Psalm 97 which is quoted above). Some possible things to praise God for could be:

- The characteristics of God (Creator, sustainer, just Judge).
- The glory of creation which tells of the glory of God.
- That He is God in heaven and worthy of praise.

**As a way into learning to praise God, why not try reading examples in the Bible such as Psalms 8, 57, 98 145, or 150**



## 2) Confession

*“People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.” Proverbs 28:13 NLT*

The second step in praying through ACTS is confession. While it may be uncomfortable to do so, as we come before God in prayer, it is vital that we face up to those moments when we have hurt other people or have fallen short of how God has called us to live.

In the book of Isaiah, the prophet records a vision of God, where he saw God sitting on his throne surrounded by angels. Faced with the Glory of God, Isaiah recognises his sinfulness, crying:

*“It’s all over! I am doomed, for I am a sinful man... Yet I have seen the King, the Lord of Heaven’s Armies.” (Isaiah 6:5 NLT)*

In the same way, as we we come before God we must admit our mistakes, and ask for God’s forgiveness. When we do this, God promises to forgive us.

*The Lord is compassionate and gracious, slow to anger, abounding in love. ...He does not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us.*

*(Psalm 103:8-12 NIV)*

**As a way into confession, try thinking over the last 24 hours, about times you may have said something hurtful, or not acted lovingly.**

### 3) Adoration

*“Give thanks to the Lord and proclaim his greatness. Let the whole world know what he has done. Sing to him; yes, sing his praises. Tell everyone about his wonderful deeds.”*

*(Psalm 105:1-2 NLT)*



The third step in praying through ACTS is thanksgiving, expressing appreciation to God for what he has done in your life. At times this can be the easiest step in the prayer, especially when life is going well. But, when life is tough, it can be really difficult to thank God for the situation you may be facing. Through a regular practice of thanksgiving to God, we can learn that even in the challenging moments of life, God is still faithful.

Like praising God, the Bible is full of examples of prayers thanking God for his faithfulness and goodness, especially within the Psalms. Examples include Psalms 28, 30, 34, 107 or 118. However, sometimes it can still be hard to think of things to thank God for. In those moments it can be helpful to start simple and thank God for:

- Friends and family, or for work and hobbies
- Creation and the world around us
- Jesus, and for the forgiveness we have through him

**As a way into learning to thank God, why not try thinking over the last 24 hours about one moment which brought you joy.**



## 4) Supplication

*“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”  
(Philippians 4:6 NIV)*

The final step in praying through ACTS is supplication, or more fully bringing our concerns for the world (prayers of intercession) and for ourselves (prayers of petition) before God. Passages like the verse from Philippians quoted above remind us that God wants to know what is on our hearts and minds. As our loving father, he cares about us, and wants to help us.

This means while God is concerned about what is happening around the world, he is also concerned about what is really concerning us; illustrated in a clip from the film *Bruce Almighty* when Bruce's initial prayer focuses on what he thinks God wants to hear, rather than what is on his heart. *Follow the QR code or search YouTube for [“Bruce Almighty That's a prayer”](#) to watch the video.*

Bruce Almighty:  
Prayer



**As a way into praying for others and for the world, think about those who you know who are struggling. Or perhaps have a look at the news and pray for places around the world in need. Finally, think about areas in your life (no matter how small) where you could use God's wisdom, healing or strength.**



# The Lord's Prayer

## *Introduction:*

I wonder how many of us learnt the Lord's Prayer as a child, whether as part of assemblies at school, or at church in Sunday School? For many of us the Lord's Prayer is a familiar prayer which we recite as part of the Church's liturgy, yet it is more than simply a prayer we can say together on a Sunday morning, it is actually a guide to how to structure our prayers.

In Luke's Gospel we read how Jesus had been praying when the disciples asked him:

“Lord, teach us to pray, just as John taught his disciples”  
(Luke 11:1 NIV)

Jesus then proceeded to give the disciples what we now know as the Lord's Prayer:

“Father, hallowed be your name,  
your kingdom come.

Give us each day our daily bread.

Forgive us our sins,

for we also forgive everyone who sins against us.

And lead us not into temptation.” (Luke 11:2-4 NIV)



For each verse of the Lord's Prayer try reading it slowly, then pausing to allow space to reflect and to pray. E.g. when praying 'forgive us our sins', pausing to remember the times when you have hurt other people, or not acted in a Christ like way; then taking time to confess these things before God, and seeking his forgiveness.

*Useful information to know:*

- As many of us know the Lord's Prayer, it is tempting to rush through the prayer, but the key is to go slowly, thinking about what each section means.
- This guide will be based on the prayer as recorded in the gospels (Matthew 6:9-13), rather than that which you may read at Church. As such it does not include the doxology normally added at the end of the Lord's Prayer ('For thine is the kingdom the power and the glory...'), as this does not appear in most modern translations of the Bible.
- As a helpful introduction to the Lord's Prayer, why not check out this video of a drama sketch showing what happens when one person prayed the Lord's Prayer. Follow the QR code or search YouTube for "[Lord's Prayer Drama](#)".

***Lord's Prayer  
Drama***



# 1) “Our Father in heaven, hallowed be your name”

Matthew 6:9 NIV



The first step in praying the Lord’s Prayer is acknowledging who God actually is. Here we recognise several things:

- God is our father in heaven – this reminds us that God is above all things and is all powerful. Yet, he also knows us intimately well. He knows our joys and successes, our failures and our struggles. He knows our needs and is eager to help us, if we place our trust in him.

*“You have searched me, Lord, and you know me.  
You know when I sit and when I rise;  
you perceive my thoughts from afar.” (Psalm 139:1-2 NIV)*

- God’s name is hallowed – meaning that God’s name is holy, that is set apart or special. As we pray these words, we are offering God praise, not for what he has done, but simply because he is worthy of praise.

*“Enter his gates with thanksgiving and his courts with praise;  
give thanks to him and praise his name.” (Psalm 100:4 NIV)*

**As you pray these verses, praise God for his great power and majesty. Thank him that he knows and loves you.**



**2) “Your kingdom  
come, your will be  
done, on earth as it is  
in heaven.”  
Matthew 6:10 NIV**

The second step in praying the Lord’s Prayer is praying for God’s kingdom. In the book of Revelation, we are presented with an image of what God’s kingdom will look like in the future:

*“Look! God’s dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God. ‘He will wipe every tear from their eyes. There will be no more death’ or mourning or crying or pain, for the old order of things has passed away.”  
(Revelation 21:1-4 NIV)*

This is the hope of God’s kingdom, which Jesus came to start, and which will be realised when he comes again. As we pray this prayer, so we look forward to the coming of God’s kingdom, but we also recognise that God calls us to help start the process of building his kingdom here and now. This will happen as God’s will is done here on earth, just as it is in heaven, but to do to this it requires individual Christians to live in obedience to God’s will and follow his commandments in their daily lives.

**As you pray this verse, ask God for strength and wisdom to follow his commands in your daily walk.**

### 3) “Give us today our daily bread.”

Matthew 6:11 NIV



The third step in praying the Lord’s Prayer is to bring our personal concerns to God. So often when we pray to God, we bring our concerns and desires to God first, and then turn to thanking and praising him. But when Jesus taught the disciples to pray, he emphasised the importance of praising God, praying for the coming of his kingdom (which is God’s desire for the world), and only after that turning to ourselves and our needs.

This does not mean that God is not concerned about our daily needs, but rather reminds us of a good order to our prayers. It is about recognising that God is firstly our heavenly father who reigns over all the earth, and it is out of this hope that we bring our requests for the world and for ourselves. Praying for daily bread reminds us that God is in control, meaning we should not worry about the future, but simply to pray for what we need daily to live a life where we are seeking to serve and honour God.

*“Do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’... But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself.” (Matthew 6:31-34 NIV)*

**As you pray these verses, bring your concerns for the world and yourself to God, remembering the hope of the kingdom.**



#### **4) “And forgive us our debts, as we also have forgiven our debtors.”**

**Matthew 6:12 NIV**

The fourth step in praying the Lord’s Prayer is praying for God’s forgiveness for times when we have messed up. A reoccurring theme within the story of scripture is that time and time again people who tried to follow God ultimately failed. Whether it is Adam and Eve, Moses, King David, or even Jesus’ disciples. In the same way none of us can claim to be perfect, and all of us mess up and end up hurting others, or not serving God.

*“If we claim we have no sin, we are only fooling ourselves and not living in the truth.” (1 John 1:8 NLT)*

If we recognise that all of us have sinned then as much as it may be hard, we are called to similarly forgive others. This is because forgiving others is a sign of God’s spirit at work in your life, enabling you to forgive others.

*“If you do not forgive others their sins, your Father will not forgive your sins.” (Matthew 6:15)*

**As you pray this verse, pray for forgiveness for the times you have hurt others or not followed God. Think of those who have hurt you and pray for God’s strength to forgive them also.**

**5) “And lead us not  
into temptation, but  
deliver us from the  
evil one.”**

**Matthew 6:11 NIV**



The fifth step in praying the Lord’s Prayer is praying for God to protect you from unbearable temptation. We live in a world where there are many temptations which may cause us to hurt ourselves or others, or cause us to no longer follow God’s will. These include the desire for money, power and authority, possessions, or sex.

While these temptations may seem massive, and may have catastrophic consequences if we succumb to them, God promises that we will never face more than can bear:

*God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. (1 Corinthians 10:13 NIV)*

This does not mean that we will never be tempted by anything, but rather when we do face temptation, it will never be more than God’s strength inside us can endure, or else God will provide a way out. If we pray for God’s strength, then we can endure these temptations, and ultimately grow in our faith (See James 1:1-4)

**As you pray these verses, bring to mind any temptations you may be facing at the moment, and pray for God’s strength to endure them, and to resist the lure of the evil one.**

# Enjoyed the ACTS prayer or Lord's Prayer models?

If you have enjoyed praying through the Lord's Prayer or ACTS Prayer, why not check out some of these related resources:

- **Examen:** A simple method of evening prayer which guides you through the process of reflecting upon the day and offering it up to God. A guide to Examen is provided in section 2 of this booklet ([beginning on page 41](#)).
- **Lectio Divina:** A meditative way of studying the bible and praying which is guided by the Holy Spirit, based on ancient monastic practices. A guide to Lectio Divina is provided in section 2 of this booklet ([beginning on page 49](#)).
- **Prayer journaling:** A way of reflecting upon our journey with God, and identifying where God is at work, and how God may be changing us. A guide to journaling is provided in section 2 of this booklet ([beginning on page 57](#)).
- **Pipe cleaner prayers:** A way of combining the structure found in the Lord's Prayer with an element of creativity, this uses the classic ACTS method of prayer, but encourages the user to use pipe cleaners to guide their prayers. A guide to this method is provided in section 3 of this booklet ([beginning on page 79](#)).

# Section 2:

# Reflective

# Prayers



*Introduction:*

*In the busyness of the modern world, where we are constantly interrupted by information, this selection of prayers are all about helping you find a quiet space where you can meet with God in the stillness. Some of these contain a structure to the prayers, while still proving space where you can reflect on life with God.*



# Praying the Examen



## *Introduction:*

Many of us live busy lives, where we often run from one activity to the next before collapsing into bed. Praying the Examen challenges us to stop to consider where God may have been at work, and to recognise his blessings as well as the challenges through the day.

Unlike liturgical Morning Prayer or Compline, praying the Examen does not have significant text to guide you in prayer, but rather poses questions and thoughts to lead you into God's presence and to help you consider the day. While it is ideally suited to the end of the day (and this is the approach which will be adopted in this Examen), the Examen can equally be used at any point of the day, and especially at Lunchtime.

## *Useful information to know:*

- Examen forms part of a wider set of spiritual practices established by the mystic St. Ignatius Loyola, who founded the Catholic order of Jesuits.
- Central to praying the Examen is learning to still ourselves and rest in God's presence as we are guided by the Holy Spirit to examen our lives.
- While there are basic patterns to praying the Examen, there are many variations which help meet your needs or any situations you may be facing at the moment.
- There is no particular time limit to how long should be spent in each step of the Examen, but rather you should allow yourself to be guided through it by the Spirit.



## Step 1: Stop

“Be still, and know that I  
am God”  
(Psalm 46:10 NIV)

The first step in the Examen is becoming still as you prepare yourself to come into God’s presence.

One way of doing this is to get yourself into a comfortable position, relaxing your body and closing your eyes to put aside any distractions.

Take slow deep breaths as you put aside anything which is on your mind and pray for God’s presence to surround you.



### **Becoming distracted in prayer:**

If you find yourself regularly distracted in prayer, why not have a pad of paper and pen with you. When distracting thoughts come to mind you can write them down, before taking slow deep breaths as you re-focus upon God’s presence surrounding you.

## Step 2: God's goodness

'I will give thanks to you,  
Lord, with all my heart;  
I will tell of all your  
wonderful deeds.'  
Psalm 9:1 NIV



As you enter into God's presence, pray that the Spirit would remind you of God's goodness, and help you to recognise his presence in all the moments of our day.

Think back upon what has happened in the day so far. Where have been the joys and delights?

Thank God for each of his gifts through your day, whether big things (like our family and friends, a promotion at work), through to the seemingly small or trivial things (like a good conversation with someone or an enjoyable meal).



Sometimes it is hard to give thanks, especially when life is tough, and when we can't see God's goodness for the challenges we are facing. In those moments it is sometimes helpful to start by giving thanks for the smallest or most basic of things (for food on the table, for a good night's sleep) and work from there.



## Step 3: Reviewing your day in the light of God's presence

Take time to go through your day, hour by hour, reviewing what has happened. Reflect on the significant moments, while passing over the less significant ones.

Pay attention to how you felt in those moments, and how do those moments make you feel? St. Ignatius believed that our emotions help us to see God. How may God be speaking through your emotions?

Reflect on what you said or did in those moments? What did you think in those moments?

Were you being drawn closer to God, or further away?



## Step 4: Seeking forgiveness

‘For all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus.’

Romans 3:23-24 NIV



As you continue to reflect upon the day, consider those more uncomfortable moments. For those opportunities which have been missed because you were too afraid to speak or did not want to interfere. Where were you in such a rush, that you failed to see God at work, or failed to see where God may be calling you to act?

Consider those times when you perhaps have not acted in the most loving way. When your actions did not show God’s love to those around you. When you were too quick to speak, or quick to judge, without taking time to consider how you could act in love?



Take time to pray to God about those moments, and ask for his forgiveness and transformation in your life.

## Step 5: Looking forward



Do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ... But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Matthew 6:31-33 NIV

Turn your attention to the day that lies before you. Think about the tasks you must undertake, the challenges you may face. Pay attention to your emotions and allow these to turn into prayers as you offer to God your feelings and ask for his help.

Pray for God’s strength and guidance as you face everything that will come. Ask him to show you how he wants you to respond and pray for his peace that you can rest knowing that God is in control.

Ask God to reveal more about the person that he is calling you to be, and what little steps you could take to become more like that person.

Draw your prayers together in the words of the Lord’s Prayer:  
***Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Lead us not into temptation but deliver us from evil. For the kingdom, the power, and the glory are yours now and for ever. Amen.***

# Finding out more about the Examen?

If you want more information on the Examen, or would like to try other models of Examen, check out these digital resources:

- **Online: The Jesuits** – they have guides to praying the Examen, including different models for different needs.

Scan the QR code, or follow this links:

[www.jesuits.org/spirituality/the-ignatian-examen/](http://www.jesuits.org/spirituality/the-ignatian-examen/)



- **Online: Ignatian Spirituality** – this site contains a helpful step by step guide to praying the Examen, including helpful links to other resources. Scan the QR code, or follow this link:

[www.ignatianspirituality.com/ignatian-prayer/the-examen/how-can-i-pray/](http://www.ignatianspirituality.com/ignatian-prayer/the-examen/how-can-i-pray/)



- **Via the app: Reimagining the Ignatian Examen** - Linked to a book this mobile app guides you step by step through various Examens for different circumstances. Scan the QR code, or follow this link:

<https://reimaginingexamen.ignatianspirituality.com/>



# Enjoyed Examen?

If you have enjoyed praying through the Examen, why not check out some of these related resources:

- **Compline (Night Prayers):** an order of prayer which helps to reflect upon the day and prepare for sleep. An order for Compline is provided in section 1 of this booklet ([beginning on page 17](#)).
- **Celtic Daily Prayer (Morning, Midday, Evening and Compline):** A reflective daily prayer based on the Celtic tradition.  
Available online from:  
[www.northumbriacommunity.org/offices/morning-prayer/](http://www.northumbriacommunity.org/offices/morning-prayer/)  
  
This can be found in print within the book 'Celtic Daily Prayer' by the Northumbria Community (ISBN: 9780008123024).
- **Lectio Divina:** A meditative way of studying the bible and praying which is guided by the Holy Spirit, based on ancient monastic practices. A guide to Lectio Divina is provided in section 2 of this booklet ([beginning on page 49](#)).
- **Prayer journaling:** A way of reflecting upon our journey with God, and identifying where God is at work, and how God may be changing us. A guide to journaling is provided in section 2 of this booklet ([beginning on page 57](#)).







# Lectio Divina

## *Introduction:*

At the heart of Lectio Divina is a desire to meet with God through simple prayer and reading of scripture. Originating in about 300 A.D. with the early Church Fathers, Lectio Divina literally means divine reading. As such it does not rely on any prior knowledge of scripture, but is about opening ourselves to God, and what the Holy Spirit reveals to us.

Lectio Divina is based on a four-step process:

1. **Lectio** – reading a passage of scripture
2. **Meditatio** – meditating upon the passage slowly
3. **Oratio** – praying about the passage asking for a deeper understanding of the verses of scripture
4. **Contemplatio** – contemplating the passage and how it may be changing you and your ideas. How may you act differently as a result of this reading?

## *Useful information to know:*

- Lectio Divina works well for both individuals and with groups, as a way of studying scripture and meeting with God.
- It is ideally suited to those with less knowledge of scripture or faith, for while prior knowledge can enrich the study, it is not essential.
- As a form of meditation, it is important to find a quiet place and time to pray, and not to rush through the prayer but slowly allow God to speak through your meditations.
- It may be useful to have a pen and paper, or a Bible which you are happy to write in, to take notes of what occurs during your reading.



### **Where and when to pray?**

For each person, exactly when and where they pray will be different, recognising the diversity in our personalities and lifestyles. Some find it helpful to pray first thing in the morning before they get up and become distracted by the day, while some find it best to pray last thing at night when they are awake. Others may pray during the commute to work, or after breakfast. The important thing is to experiment to find something which works for you and stick with it.



## Step 1: Prepare yourself

“When you pray, go into your room, close the door and pray to your Father”  
Matthew 6:6 NIV

- While not strictly part of the Lectio Divina method, before reading any passage of scripture, it is vital to prepare our hearts and minds. This means finding a quiet place and turning off any distractions (such as mobile phones) which might stop you focusing upon meeting with God.
- A possible way to do this is to find a regular time and place and to try to stick with that each day. Try taking slow breaths as you prepare your heart to meet with God.
- Give thanks to God that you can meet with him, and ask for his Spirit to ‘guide you into all the truth’ (John 16:13 NIV).



## Step 2: Lectio

“All Scripture is God-breathed  
and is useful for teaching,  
rebuking, correcting and  
training in righteousness”  
*2 Timothy 3:16 NIV*



- As you come into God’s presence, the next step is to turn to a passage of scripture. When starting with Lectio Divina, it is helpful to take a few verses rather than trying to take whole chapters. Some possible passages could include:  

Genesis 12:1-3	Psalm 23:1-4	Luke 15:11-32
Exodus 3:1-10	Mark 10:46-52	Romans 12:3-8
- Read the passage slowly, perhaps pausing after each word to consider what it may mean. Avoid rushing to look up the meaning of the passage or a word either online or in books. Instead sit with the passage and contemplate what it may mean.
- Make a note of words or phrases which jump out to you, especially if it is something which you have never seen before. Write down any questions which arise from the reading.
- Read the passage slowly again (perhaps aloud) several more times allowing it to speak to you. Perhaps use a different translation

## Step 3: Meditatio

“I meditate on your precepts  
and consider your ways.”

Psalm 119:5

- As you contemplate the passage, wait upon God to speak to you about how it may be relevant to you today. Is he challenging you about how you may need to change or develop?
- Imagine what it must have been like for those in the story. What must life have been like for them, what emotions may they have been feeling? How might you feel in the same situation?
- Ask questions of the passage. Consider why people reacted like they did or said the things they did? What were their intentions?
- Reflect with God about anything which stands out to you. How might this be speaking to you?



## Step 4: Oratio

“Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise.”

James 5:13 NIV



- There is a great danger when we come before God, that our prayers become just thanks for God’s blessings, and moreover just a list of concerns on our hearts. While God wants us to talk with him, this should be more than a one-way conversation. Central to Lectio-Divina is making space for God to speak to us.
- Perhaps start by talking about how the passage made you feel. Is there anything which makes you uncomfortable or confuses?
- If helpful, try reading a psalm which relates to the passage. Some Lectio Divina resources may have suggestions.



### What words to use?

When you first come to pray alone with God without set prayers, it may feel uncomfortable, or you may find yourself jumbling up words trying to sound eloquent.

However, praying to God is not about having the correct words in the correct order. It is about having a conversation with your heavenly Father who loves you.

Do not be afraid of silence, or if it seems that God is not speaking straight away. Learning to hear God’s voice speaking takes time and vitally takes practice. You are still learning to talk with him.

## Step 5: Contemplatio



“Be still before the Lord  
and wait patiently for him”  
Psalm 37:7 NIV

- The final stage of Lectio Divina is to rest in God’s presence. Allow anything which God may have been speaking to you about to dwell in your heart and equip you for the day ahead.
- There is a great danger of rushing through this final section. Instead enjoy the silence of being in God’s presence as you prepare to go out into the world.
- Dwelling in God’s word also means recognising that at some point we will be sent out.
- Think about how you may live out what God has placed on your heart today.
- How will your encounter with God change your journey?



# Finding out more about Lectio Divina?

If you want more information on the Lectio Divina model, check out these resources:

- **In print: *The Message: Solo - An Uncommon Devotional*** - based on Eugene Peterson's *The Message* version of scripture, this book contains 365 devotions based on Lectio Divina.  
ISBN: 9781600061059
- **Via the app: [Lectio 365](#)** - developed by the 24/7 Prayer team, this app contains daily bible studies and prayers based on the Lectio Divina model. It also includes audio versions of the devotions, and evening compline prayers.



## Enjoyed Lectio Divina?

If you have enjoyed praying using Lectio Divina, why not check out some of these related resources:

- **Prayer journaling:** A way of reflecting upon our journey with God, and identifying where God is at work, and how God may be changing us. This can be used in parallel with Lectio Divina as a way of recording how God has been speaking to you. A guide to journaling begins on the next page.
- **Examen:** A simple method of evening prayer which guides you through the process of reflecting upon the day and offering it up to God. A guide to Examen is provided in section 2 ([starting on page 41](#)).





# Prayer Journaling

## *Introduction:*

Journaling is not necessarily a method of praying, so much as a way of recording those things which you are praying for, as a way of enabling you to come back to see how God has been at work.

Traditionally this would have been done with a notebook and pen, but there are many apps available which enable you to record your thoughts digitally.

## *How does it work:*

It is important to decide how you will use your journal. Some prefer to dedicate a specific time to write their journal (perhaps alongside their regular prayer time such as if using *Lectio Divina*), while others prefer to carry it with them (especially if using a digital journal) which they can add to their journal as things occur to them.

However you use your journal, it is essentially your way of communicating with God, helping you to focus your thoughts in a very practical way.

### *What to record in your journal:*

There is no fixed rules on what to record in your journal, but the following are some suggestions

1. A list of things which you are thankful to God for.
2. A list of people and situations you are praying for (with dates), leaving space to record how God has answered your prayers. This enables you to see how God has been at work, inspiring gratefulness and encouraging perseverance.
3. Space to record long term prayers and thanksgivings, especially for long term transformations in your own life which you are praying for (such as praying to love the world like Jesus does – John 15), which may not be realised for many years (if ever).
4. Special words of scripture which have spoken to you at different times, with some notes about what they are saying. How has God been speaking to you?
5. Encouragements or challenges which you have had from other people (such as in a sermon or talk).
6. Particular ways of praying or important verses of scripture which have helped you to re-focus upon God, especially useful for the times when you are struggling in your faith.



*If you are stuck for ideas about what to journal about, why not try these questions to prompt your journaling:*

- I. Who or what are you grateful for today?*
- II. What's a recent memory you can praise God for?*
- III. What are you worried about right now?*
- IV. Name your feelings in a situation that's bothering you.*
- V. What do you love about God?*
- VI. Pray through your schedule today, or your week/month/year.*
- VII. What are situations in your family or community on your heart?*
- VIII. What is a sin or temptation you can confess*
- IX. Pray about someone in your household or immediate family.*
- X. Pray about someone in your extended family or local community.*
- XI. Pray about someone far away.*
- XII. Pray about a leader or government official.*
- XIII. Pray for someone who has hurt you.*
- XIV. What is a big dream or goal you have?*
- XV. What's something hurting your heart right now?*
- XVI. What's something you need help with?*
- XVII. Where do you see what is beautiful, good, and true right now?*
- XVIII. Pray for contentment, discernment, or wisdom regarding a situation that's bothering you.*
- XIX. Ask how God's kingdom come and will may be done.*
- XX. What inspires you about Jesus returning and making everything right?*



*Tips and other useful information to know:*

- It may be useful to have a think about what you want to get out of your prayer journal, akin to a vision statement
- Journaling should not feel like an obligation and should not become wearisome. If it does, then try mixing it with other styles of prayer.
- Take time periodically (such as once a week) to look back through the week to see how God has been at work. Then once or twice a year set aside some time to go back over the last year to see how God has been transforming you. Make notes in your journal as encouragements for the future.



# Finding out more about journaling?

*If you want more information how to journal, check out these resources:*

- **Online: Navigators** – this webpage contains useful tips on journaling. Scan the QR code, or follow this link: [www.navigators.org/resource/organizing-a-prayer-journal/](http://www.navigators.org/resource/organizing-a-prayer-journal/)
- **Online: Tearfund** – a guide to journaling focused specifically for those in need. Scan the QR code, or follow this link: [www.tearfund.org/get-involved/pray/prayer-resources/prayer-guides/your-guide-to-starting-a-prayer-journal-for-people-living-in-poverty](http://www.tearfund.org/get-involved/pray/prayer-resources/prayer-guides/your-guide-to-starting-a-prayer-journal-for-people-living-in-poverty)
- **Online: Equipping Godly Women** – while targeted at women, this webpage has many useful tips on journaling and recommendations of useful journaling books. Scan the QR code, or follow this link: <https://equippinggodlywomen.com/faith/prayer-journaling/>



There are many other articles on the internet regarding journaling, as well as many blank prayer journals available to buy from Christian bookshops or online.

If you are interested in using your mobile phone, tablet or computer to write your journal, there are many options available to you. Below are just a couple of suggestions, but if you search on your device's app store you will find many other examples.

- **Prayer Mate** - this app helps you to record lists of people or things to give thanks or to pray for. It can then provide a selection each day for you to draw upon in your prayers. Scan the QR code, or follow this link:

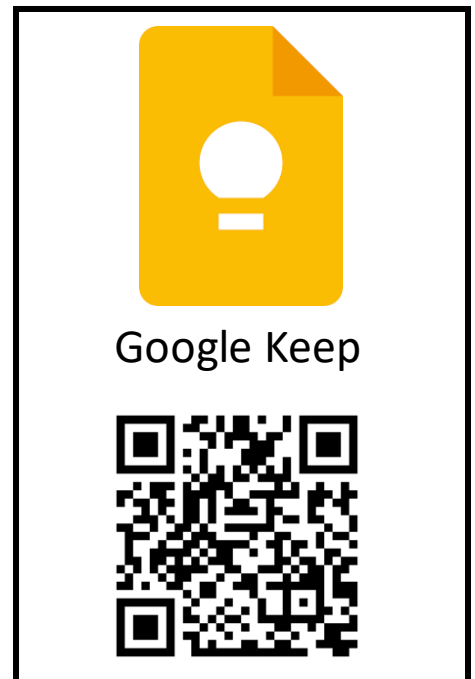
[www.prayermate.net/](http://www.prayermate.net/)



- **Google Keep** – this app is available on most devices, including on computers and enables you to keep lists of people or situations to pray for, as well as adding photos or voice recordings. If you need to pray for a person at a particular time, you can add a reminder to a prayer point, which can be added to your diary, and can alert you at the right time.

Scan the QR code, or follow this link:

[www.google.com/keep/](http://www.google.com/keep/)



*Note that this will require a free Google account if you do not have one setup already.*

# Enjoyed journaling?

If you have enjoyed journaling your prayers, why not check out some of these related resources:

- **Examen:** A simple method of evening prayer which guides you through the process of reflecting upon the day and offering it up to God. A guide to Examen is provided in section 2 of this booklet ([beginning on page 41](#)).
- **Lectio Divina:** A meditative way of studying the bible and praying which is guided by the Holy Spirit, based on ancient monastic practices. A guide to Lectio Divina is provided in section 2 of this booklet ([beginning on page 49](#)).
- **Thankfulness Jar:** A simple way to keep a journal of things which you are thankful for, to encourage you during the tough moments. More information about thankfulness jars can be found in section 3 of this booklet ([beginning on page 71](#)).
- **Prayer boards:** A variation on a journal, whereby words, images etc. are stuck onto a wall or notice board, which then become a source for prayers. More information about prayer boards can be found in section 3 of this booklet ([beginning on page 69](#)).



# Prayer walking

## *Introduction:*

While the physical and mental health benefits of going for walks are well documented, the benefits for your spiritual health are rarely noted. Yet many significant figures in the Bible spent much of their time walking from place to place. One of the challenges of modern life is that we often lead busy lives, and while it is possible to pray when driving or when riding a bike, there are often other distractions. However, walking enables us to slow down to appreciate God's creation, as well as creating space for God to speak to us.

## *How does it work:*

Quite simply, find a time and go for a walk. This could include:

- Getting out into the countryside and finding a quiet place where you can pray to God in the midst of creation.
- Walking around your local community, praying for those who you meet, and for the businesses and people who live within the town or village.
- This could be on your own, or you could go with friends or family.



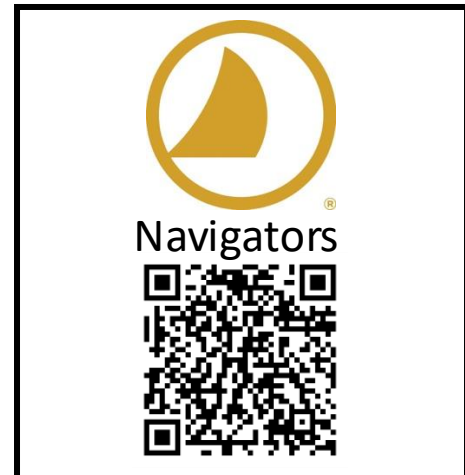
## *How do I go about prayer walking?*

1. Before setting off, decide where you are going to walk, or ask God to guide you in where you need to walk. If you are going with others, think about whether the route will be accessible for those with additional needs or limited mobility.
2. As you set off, start by giving thanks that God is with us, and ask that God would open your eyes to see the area through God's eyes (seeing both the things which bring God joy, as well as the things which grieve him).
3. You can either choose to pray in silence, or perhaps stop at different points to pray along the way.
4. Keep your eyes open at all times, to avoid hazards, but also to look for particular places where God may be calling you to pray for (e.g. schools, hospitals and other important places for the community).
5. Inspired by the Lord's Prayer, pray for God's kingdom to come in this area, and look out for signs of where God is already at work.
6. Pray for the people who work and live in this area. For those who are Christians, and those who need to know Christ. For the government, teachers, and those who care for those in need (including NHS staff and those in our emergency services).
7. At the end, make a note of any insights from the walk (and share with others if you are walking together).

# Finding out more about prayer walking?

*If you want more information and tips, including step by step guides on how to prayer walk, check out these resources:*

- **Online: 24/7 Prayer** – this webpage provides a helpful introduction to prayer walking. Scan the QR code, or follow this link: [www.24-7prayer.com/join\\_in\\_posts/prayer-walking/](http://www.24-7prayer.com/join_in_posts/prayer-walking/)
- **Online: Navigators** – a guide focusing on praying for universities, but with helpful tips useful for all contexts. Scan the QR code, or follow this link: [www.navigators.org/resource/prayer-walk/](http://www.navigators.org/resource/prayer-walk/)
- **Online: Church Urban Fund** – a detailed guide to prayer walking, including ideas for organising prayer walks with all ages. Scan the QR code, or follow this link: [https://cuf.org.uk/uploads/img/Prayer\\_Walk\\_Guide\\_A4\\_Lent24.pdf](https://cuf.org.uk/uploads/img/Prayer_Walk_Guide_A4_Lent24.pdf)



# Enjoyed prayer walking?

If you have enjoyed going for a prayer walk, why not check out some of these related resources:

- **Examen:** A simple method of evening prayer which guides you through the process of reflecting upon the day and offering it up to God. This could help you to reflect on what you have seen during a prayer walk. A guide to Examen is provided in section 2 of this booklet ([beginning on page 41](#)).
- **Prayer Boards:** Whilst walking, why not think about taking of photos of what you see (being careful not to take photos of people, and to respect privacy and safeguarding). Then when at home you could build a prayer board of places you want to continue to pray for. A guide to Prayer Boards is provided in section 3 of this booklet ([beginning on page 69](#)).
- **Road Sign Prayers:** While you are prayer walking, you also could try using road signs which you see on your walk as a stimuli for prayer. More information about thankfulness jars can be found in section 3 of this booklet ([beginning on page 74](#)).
- **Map Prayers:** A visual way of praying for your community, or the wider world, using a map to focus your prayers on different places. more information about map prayers can be found in section 3 of this booklet ([beginning on page 76](#)).

# Section 3:

# Creative Prayers



## *Introduction:*

*While we worship a creative God, who made everything we can see, we often think that prayer is a verbal activity. In this section we will explore how we can use our God given creativity in pray. These prayer methods are suitable for everyone, whether you are naturally creative or not. The most important thing is that we are praying to God, not making masterpieces for others to enjoy!*



# Prayer boards

## *Introduction:*

Using a prayer board is much like journaling, in that it is a way of recording people, situations which you are thanking God, or praying for. The difference is that rather than being something you write or type, this is a collection of photos or words which help lead you into prayer. Ideally your board would be in a prominent place in your home or room where you see it regularly, and perhaps in the space where you come to pray.

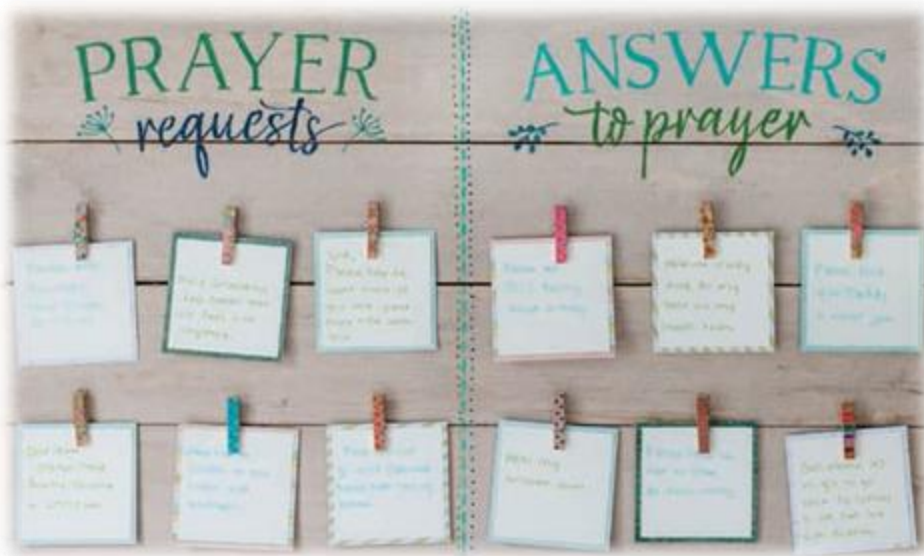
## *How does it work:*

There are many ways that you can create a prayer board to support you in prayer. This includes:

- Having a pin board or white board on your wall where you can attach reminders to pray.
- Looping some string across a wall onto which you can attach pegs which can hold the things to pray for.
- You could even experiment with creating a digital pinboard using something like a private board on Pinterest.

An example prayer board:





*Another example of a prayer board focusing on prayer requests and answers*

*What to may wish to put on your prayer board?*

- Photos – of people or situations who you want to pray for, or things you want to thank God for (such as your family).
- Significant Bible verses
- Words or short prayers which encourage you to pray
- Clippings from newspapers
- A section of prayers which have been answered

You may want to update your prayer board on a regular basis with the things you want to be praying about, or you may wish to keep it more general, and just use it as a prompt.

The important thing to remember is that this is YOUR prayer board, so it can include anything you want on it, and can look however you wish.



# Thankfulness Jar

## *Introduction:*

One of the greatest misconceptions in the Christian faith is that things will never go wrong once we become a Christian, and that our spiritual journey will only go from strength to strength. The truth however, is that Christians still suffer and even the most committed Christian goes through dry patches in their faith. A thankfulness jar is simply a jar or other container where you can keep a list of things you are thankful for, as a reminder of God's faithfulness during those tough times.

## *How does it work:*

Essentially this prayer method only requires a container such as a jar with a sealable lid. You may wish to cut a hole in the top of the lid, but this is not essential. When good things happen, such as seeing an answer to prayer, you write a note about what happened and when on a slip of paper. This is then inserted into the jar.

When you are struggling in your faith, or when you just need some encouragement you can open the jar and read the notes as a way of reminding yourself of God's faithfulness.



# Bubble wrap prayers



## *Introduction:*

For some people one of the challenges of prayer is not becoming distracted or needing something to fiddle with whilst praying (especially for those who are neuro-diverse). This prayer method requires nothing more complex than a sheet of bubble wrap and can be adapted to help you to thank God, or to pray for others and the world.

## *How does it work:*

Prior to your time of prayer, cut a strip of bubble wrap. Then when you come to pray, either pop a bubble when you pray for someone, or when you give thanks to God for something.

## *An eco-friendly equivalent:*

While bubble wrap is recyclable alongside carrier bags and other plastics, there are now recyclable fidget sensory toys available (like that shown to the right) which are available from many toy retailers or online.

These can be used in the similar way to bubble wrap as part of prayers.







# Shredder prayers

*“For all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus.” Romans 3:23-24 NIV*

## *Introduction:*

If we are all honest, we have all thought and done things which we are not proud of. We have all fallen short of God’s glorious standards. A key part of our journey of faith and our prayers, is confessing our sins before God. While we can do this when we come together for worship, this should also be part of our regular individual prayer.

One creative way of admitting our sins to God is to write them down as an act of confession. Rather than leaving this around for anyone to see, you can put it into the shredder. As you put the paper into the shredder pray to God for forgiveness.

If you have a pile of paper to shred, you may like to use this as an opportunity to reflect upon the week gone, and whether there are any things which you need to seek God’s forgiveness for.





# Road sign prayers

## *Introduction:*

If you have spent any time travelling round the local towns and villages, you may well have seen lots of road signs. As well as communicating useful information, they can also become a prompt for prayer.

## *How does it work:*

Perhaps as part of one of your regular journeys, try to spot what road signs you can see. Think about what this may be calling you to pray for. Some possible suggestions are provided below:

**Stop** - Think whether there are any unhealthy habits which you need to stop or use this as a reminder of your need to be still before God.

**One way** – Thank God for sending his son Jesus who is the only way to him.

**Speed limit** – Thank God that he is always in control. Pray for wisdom to slow down at times to.

**Junction signs** – Pray for any decisions you have to make, for God's wisdom and guidance to choose the correct path.

**Petrol station and Electric charging points** – Pray for God to refill you with his Holy Spirit, which is the fuel for our spiritual journeys.

**School** – Pray for all those who work in the education sector training the next generation.

**Parking** – Pray for those who are stressed or overworked, those who are juggling multiple commitments or pressures at home. Pray that they may discover the perfect rest offered by God (Psalm 23).

**Roundabout** – Pray for situations which appear to be going round in circles without resolution.

**No entry** - Pray for God to bring to a stop the pain and suffering of war.

***If you choose to use this method of prayer, please make sure you are still aware of what is happening around you, especially if you are driving a vehicle or riding a bike.***

### **Praying for emergency services**

A variation on road sign prayers, is to pray for those who work in our emergency services, and those who are in need of their help, every time you see an emergency vehicle (such as a fire engine, ambulance or police car).





# Map Prayers

## *Introduction:*

Many of us have old maps sitting on a shelf, otherwise these are often available from charity shops, or can be printed from the internet. These prayers all help us to pray for a wide area of the country or the world.

## *How does it work:*

There are many ways that you can use a map to help you pray. Here are just a few suggestions:

- *Stick up a map of the world, of the United Kingdom, or even your local area onto your wall. Write on a small sticky notes the details of the person or situation which you are praying for (such as a war in another country, flooding, or someone who is sick), and place your sticky note on the country, or area of map where that person is.*
- *You could also think about including a small map on your prayer board where you put small sticky dots on places where you need to be praying.*

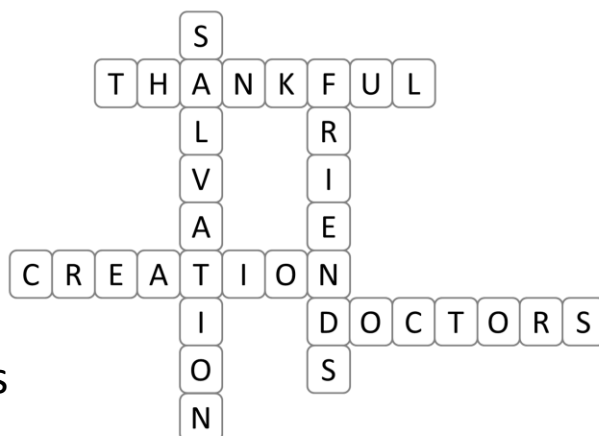
- *Place a map on a table and place electric tea light candles on places you want to pray for.*
- *Find an old road atlas and place small sticky dots on the towns where friends and family live. Each day open to a different page in the map and pray for the area.*
- *Find a globe and have it beside you when you pray. Each day spin the globe and the first country you see pray for it.*



# Letter prayers

## *Introduction:*

If you are a wordsmith, and enjoy playing games with words, then this method of prayer may be a perfect fit for you. The premise behind this method is to use letter cards or tiles as a way of making lists of people or situations which you would like to pray for. This method works well for individual people but can also work for families.



## *How does it work:*

The possibilities of how you can use letter tiles as part of prayer are numerous, but here are a couple of possible suggestions:

- Place a scrabble board on a table, onto which you build a list of inter-connected words signifying situations you wish to pray for. When walking past the table pick a word and pray for the situation.
- Find small magnetic letters or attach magnetic tape to conventional letter tiles. Turn your fridge into a giant scrabble board with situations or people to pray for.
- If you don't have a a scrabble (or equivalent) set, you could make a simple grid and create letter cards, or just write words onto the grid.





# Pipe cleaner prayers

## *Introduction:*

While they are how primarily seen as a toy for children, pipe cleaners are a great way of helping adults and children alike to pray by providing something tactile in which to use. Pipe cleaners are available from shops selling craft equipment for kids and many discount shops, or online.

## *How does it work:*

Most simply, a pipe cleaner can be used as a fiddle toy (something to occupy your fingers with) while praying. However, you may like to follow this 4-step prayer.

1. Shape your pipe cleaner into the initial or a shape that stands for one of your friends or family who you want to thank God for this day.
2. Scrunch up the pipe cleaner. Pray for those living in confusion or uncertainty and change whose lives are messy. Those caught up by war and violence, those who are providing the basic necessities for their family. Pray for an end to pain and suffering, and for wisdom to know how you can be part of God's solution.

3. Straighten your pipe cleaner and think of those who are lonely this day. Those who are without hope or joy. Wrap your pipe cleaner around your finger and pray that God may meet them in their loneliness.
4. Shape your pipe cleaner into a heart. Think of someone you know who is ill or otherwise in need of God at this time. Pray for God's healing and strength. Pray for their wider families, and for those who have recently lost loved ones.
5. Loop the pipe cleaner around your wrist. Think about how God has been with you this week. Has he answered any of your prayers? Thank God for always being with us and caring for us.

You could also try using a pipe cleaner to lead you through the ACTS prayer

**Adoration** – Think of a characteristic of God. Shape your pipe cleaner into something which represents that characteristic and praise God.

**Confession** – Think of the past week and the times when you have fallen short of God's glory. Screw up your pipe cleaner as you ask for God's forgiveness.

**Thanksgiving** – Shape your pipe cleaner into a cross. Thank God for his blessings, and especially for sending Jesus as our saviour.

**Supplication** – Think of a person or situation in need of God. Shape your pipe cleaner into an initial or shape which represents them as you pray for God hope, healing and strength.



# Mirror Prayers



*“You have searched me, Lord, and you know me... you perceive my thoughts from afar.” (Psalm 139:1-2 NIV)*

## *Introduction:*

Many of us have a secret self, not shared with anyone else, sometimes not even our closest family and friends. However, there is nothing about us which is hidden from God. While we strive to be the people God wants us to be, we all fail at times. Yet God sees both our greatest moments, but also our most shameful times.

## *How does it work:*

Stop in front of a mirror and take a proper look at yourself. Don't focus on your appearance, which others can see, but focus on what is in the inside. Think of all the positive things about yourself, but also some of the things you have done or not done which have caused pain for others.

- Think what it means to be truly follow God with your whole life?
  - How may God be calling you to change?



*Try writing your thoughts on the mirror with white board pens or placing sticky notes on the mirror.*

**Pray to God for strength to serve him, no matter what the cost.**

# Prayer Colouring



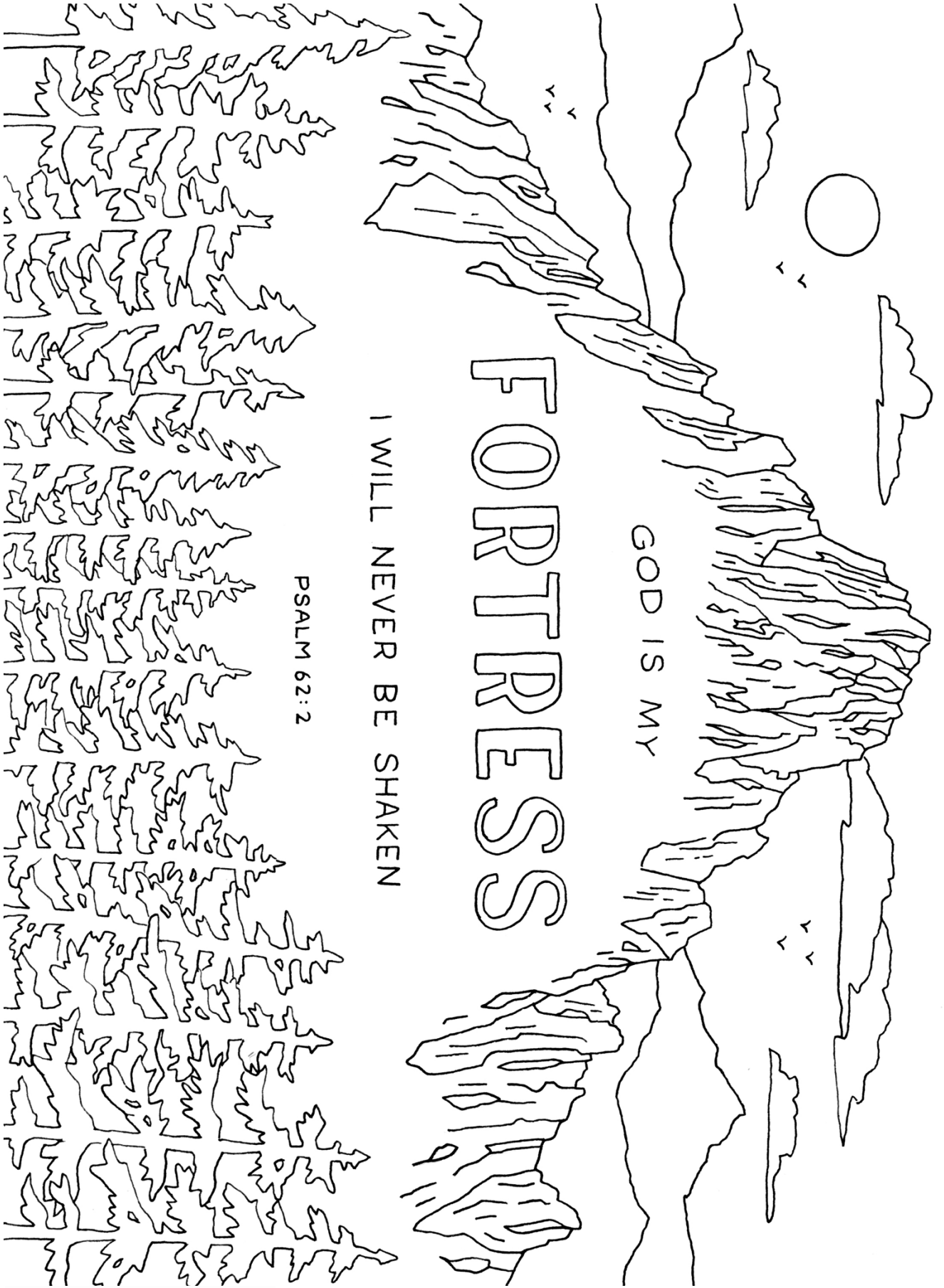
*“We are the clay, you are the potter;  
we are all the work of your hand.”  
Isaiah 64:8*

## *Introduction:*

We worship an artistic God, who has created the universe and everything in it. Yet so often our prayers lack the creativity which God has blessed us with. There are many ways which we can engage in faith creatively, including recreating Lego models of Bible scenes, and imagining what it must be like to be one of the characters in the scene. However, one of the simplest ways of engaging creatively is colouring.

## *How does it work:*

Enclosed in this booklet are a couple of sample colouring sheets. Find a quiet space where you will not be disturbed. Perhaps put some quiet music on in the background or perhaps work in silence. Read the Bible passage in the colouring sheet and reflect on how this passage may be relevant for you and how you may be called to live this out. As you reflect and pray about this, colour in the sheet as an act of devotion which can be displayed as a reminder of God’s goodness.

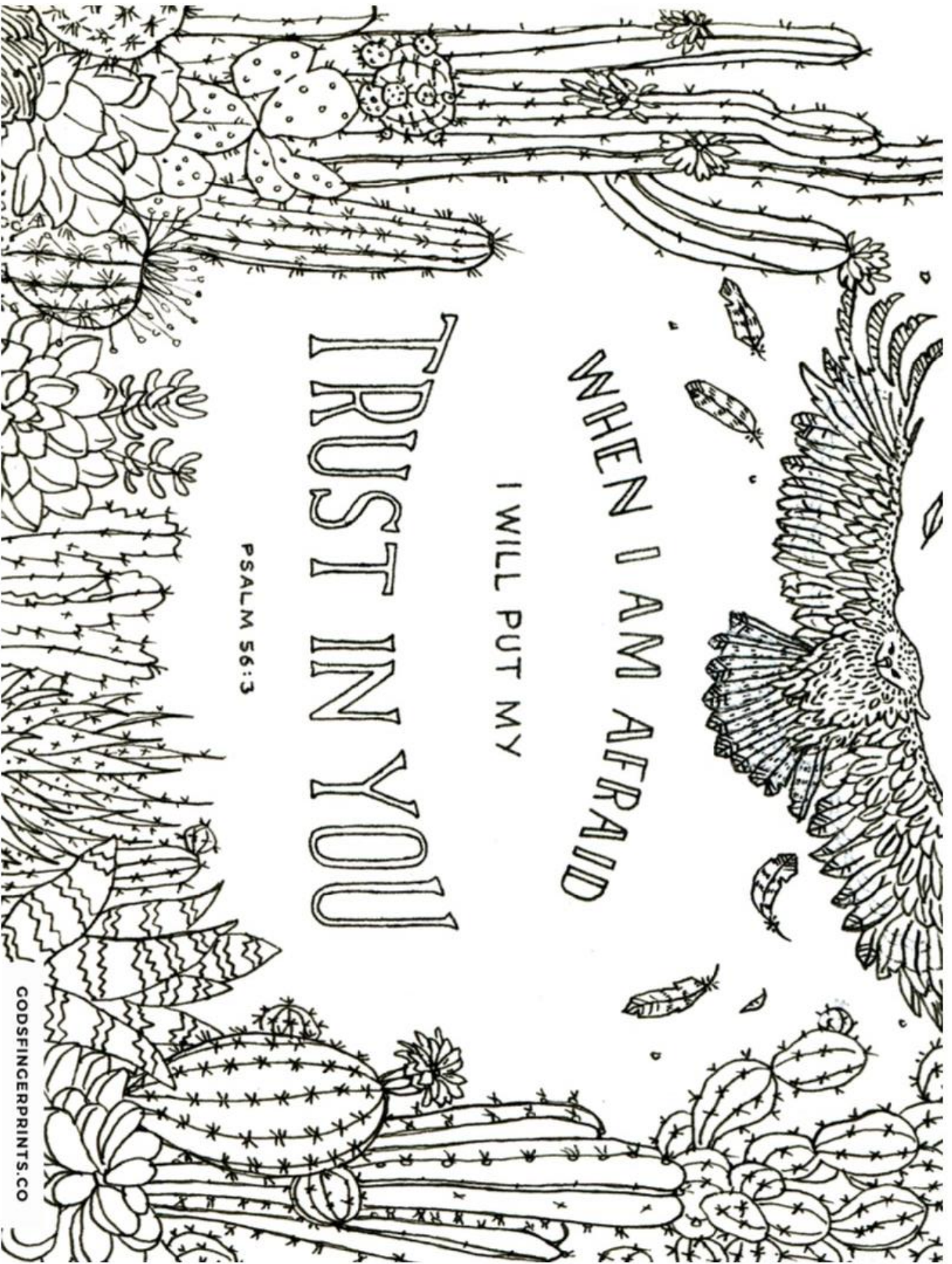


# FORTRESS

I WILL NEVER BE SHAKEN

GOD IS MY

PSALM 62:2

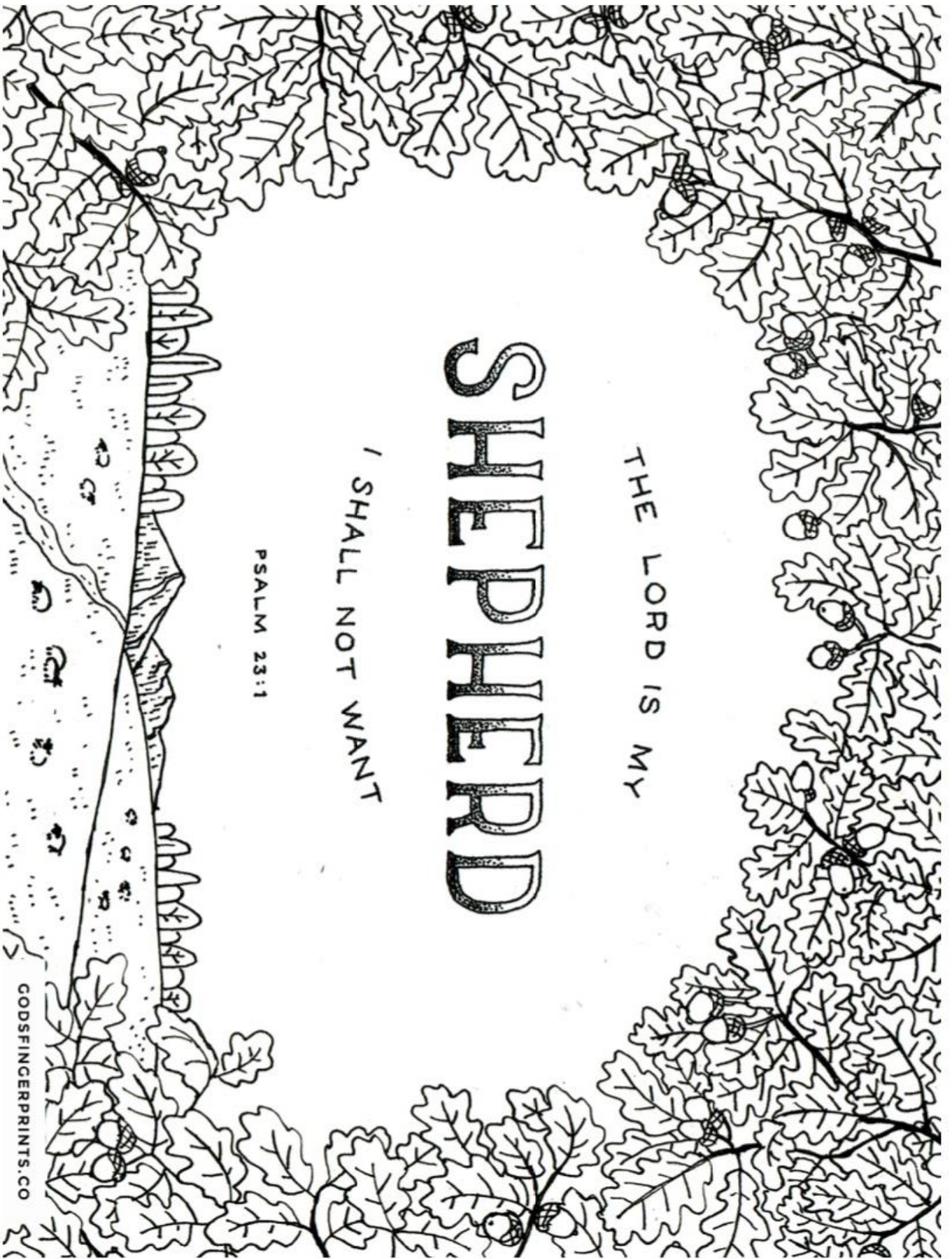


WHEN I AM AFRAID

I WILL PUT MY

TRUST IN YOU

PSALM 56:3



THE LORD IS MY

# SHEPHERD

I SHALL NOT WANT

PSALM 23:1

GODSFINGERPRINTS.CO



IF GOD IS FOR US  
*who could*  
BE AGAINST US?

ROMANS 8:31



Provided by:

[https://karladornacher.typepad.com/karlas\\_korner/2012/06/be-glad-in-the-lord-color-page.html](https://karladornacher.typepad.com/karlas_korner/2012/06/be-glad-in-the-lord-color-page.html)

### *Finding out more about prayer colouring*

If you have enjoyed using colouring as part of your prayer and devotion, there are many free and premium colouring books and sheets which can be downloaded from the internet.

Or if you would like to integrate scripture reading and colouring, Bibles with spaces to colour and draw are available from all good Christian bookshops or online.

# Useful resources

Below are a list of different books, websites, podcasts and mobile apps which may help as you seek to grow deeper in your relationship with God through prayer. This is not meant as an exhaustive list, but more as a list of helpful resources.

## Websites:

- 24/7 Prayer: Guide to prayer  
<http://www.24-7prayer.com/how-to-pray/help-me/>
- Common Worship: Morning and Evening Prayer  
[daily.commonworship.com/](http://daily.commonworship.com/)
- Celtic Daily Prayer  
[www.northumbriacommunity.org/offices/](http://www.northumbriacommunity.org/offices/)
- Iona: Daily Worship and Prayer  
[www.youtube.com/@IonaCommunityOnline/videos](http://www.youtube.com/@IonaCommunityOnline/videos)
- Jesuits: Praying the examen  
[www.jesuits.org/spirituality/the-ignatian-examen/](http://www.jesuits.org/spirituality/the-ignatian-examen/)
- Navigators: Organising a Prayer Journal  
[www.navigators.org/resource/organizing-a-prayer-journal/](http://www.navigators.org/resource/organizing-a-prayer-journal/)
- Taizé Daily Prayer  
[www.taize.fr/en\\_article28227.html](http://www.taize.fr/en_article28227.html)  
[www.taize.fr/en\\_article5806.html](http://www.taize.fr/en_article5806.html)



## **Books:**

*The ISBN for the books are listed in brackets, allowing you to search for the book at your local bookshop or online.*

- Celtic Daily Prayer (9780008123024)
- Common Worship: Daily Prayer (9780715121993)
- Inspire – NLT Colouring Bible (9781496419842)
- The Message // Remix: Solo (9781600061059)
- NIV Bible for Journaling and verse mapping (9781399801614)
- The Prayer Experiment Notebook (9780281078479)

## **Podcasts**

*Most of these podcasts should be available from your favourite podcast provider (such as Apple Podcasts, Google Podcasts or PodBean).*

- *Daily Prayer: Common Worship Morning and Evening Prayer (The Church of England)*
- *Time to Pray: Common Worship Day and Night Prayer (The Church of England)*
- *Prayer: Where to start and how to keep going (The Church of England)*

## **Apps:**

*All of these apps are available from the Google Play Store or Apple Play Store. To find the app, open the store and search for the app title. The publisher of the app is shown in brackets for reference.*

- Daily Prayer: from the CofE (Aimer Media)
- Daily Prayer App (rethink Me)
- Time to Pray (Aimer Media)
- Glorify (Tupoe Ltd)
- Google Keep (Google) or Microsoft To Do (Microsoft)
- Hallow: Prayer & Meditation (Hallow Inc.)
- Inner Room (24/7 Prayer)
- Lectio 365 (24-7 Prayer)
- Pray as You Go – Daily Prayer (Grupo de Comunicación Loyola)
- Prayer Mate (Discipleship Tech)
- Reimagining the Examen (Loyola Press)





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