

PRAYER TOOLBOX

10 WAYS TO PRAY

1 - PRAYER THROUGH MUSIC AND WORSHIP

Prayer through music and worship can take a few forms; praying the lyrics of a song, or praying while you worship with a song. Sometimes it's hard to find the words to say when we want to pray, this is a good time to allow the lyrics of a song to become your prayer. Other times, the soothing message and melody of a worship song can serve as a peaceful backdrop to pray your own prayers. Build a short "prayer playlist" that you can play whenever you're looking for worship music to help you pray.

2 - PRAYER WALKS

Prayer doesn't have to be limited to one position or location. Sometimes getting your body up and moving helps you focus your mind on what you want to say to God when you pray. Sometimes a change of scenery is just what you need to help you pray with more peace and focus. This prayer method is also really nice when you are praying over a specific location (like your school, neighborhood, or local hospital).

3 - PERSONALIZED PSALMS

Rewrite a Psalm in your own words, adapting it to your current feelings or experiences, and use it as a prayer. Here are a few Psalms you can start with: Psalm 63:1-8, Psalm 71:17-22, Psalm 91. You can also personalize other passages of Scripture to pray, but the Psalms are a good place to begin since many of them are already written as prayers.

4 - SILENT/LISTENING PRAYER

This way of praying isn't usually discussed, but it holds significant importance. Prayer is a conversation with God, and conversations go both ways. Silent/listening prayer is a chance to be still and hear what God might be saying to you. Sometimes, we rush through prayer, saying our part, and leaving without giving God room to respond. Silent/listening prayer is like hitting pause to really concentrate on listening. It is not an easy task when your mind is going full and your heart is busy. Figuring out the best time to find quiet might need some experimenting. Once you do, it's all about practice. So, take a moment, calm your thoughts, and wait for God to speak to you.

5 - PRAYER ART

Get creative with art! Draw, paint, or create visual representations of your prayers, thoughts, or verses that inspire you. There is no need to make any of your art pieces perfect or ready to display for others to see, just allow this time to be about expressing your prayers through art.

6 - PRAYER PARTNERS

Team up with a friend or family member for prayer. Share your prayer requests with one another and pray for each other's needs and concerns. You might want to set up a regular time to connect in person or online (weekly or monthly) so that you can follow up with one another and build the habit of praying for each other regularly. Make sure to also celebrate answered prayers during your time together!

7 - GRATITUDE LIST

Make a list of things you're thankful for and use it as a springboard for prayers of gratitude. Sometimes we spend all of our time in prayer asking God not taking time to thank Him for what he has already done. This can be a great way to practice remembering the faithfulness of God and appreciating how He is already working in our lives; this grows our faith!

8 - PRAYERS OF LAMENT

Prayers of lament are like heartfelt conversations with God when you're feeling sad, hurt, or confused. Instead of pretending everything is okay, you tell God exactly how you're feeling. It's a way of being real and honest with God about your struggles and asking for comfort or help. Just like you'd talk to a close friend when things are tough, lament prayers let you share your feelings with God and seek His presence.

9 - BREATH PRAYERS

Simple short phrases said in a breath can be just as powerful as long prayers. You pick a short sentence or just a few words that are meaningful to you and your relationship with God (you can even use short verses from the Bible). Then, when you breathe in and out, you say or think those words. It's a way to stay connected to God in a simple and calming way. "Help me, Jesus; God, I need you; or Be still and know that I am God" are simple breath prayers you can try.

10 - IMAGINATIVE PRAYER

This is one of the most creative ways to pray. It is a method of prayer in which you imagine yourself as present in a Gospel scene, stepping into the story and encountering Jesus there. The idea is to imagine yourself with Jesus walking by the Sea of Galilee, sitting on his lap as a child, or talking to him at a meal. As you prayerfully imagine yourself in the Gospel scene you can ask yourself questions like: "What do I see, hear, and feel? Where am I in this story? What is God/Jesus doing?" This allows you to experience the Bible and being with God in a new way.

