

How do I pray for an hour?

Just Try
Praying



Come on an
Adventure
with God

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

1 Thessalonians 5:18-18

But it's hard?

I fall asleep!

I don't know what to do!

I get bored and fidgety

Pouring out your inner thoughts to God

Standing before God in truth and hope, in love and honesty, in fear and courage

God made you as you are ... God loves you as you are ... God made your sleepiness and your fidgets, your busy lives and your gifts ...

Jesus Prayed

Jesus was praying in a certain place, and after he had finished, one of his disciples said to him, 'Lord, teach us to pray, as John taught his disciples.' He said to them, 'When you pray, say:

Father, hallowed be your name.
Your kingdom come.
Give us each day our daily bread.
And forgive us our sins,
for we ourselves forgive everyone indebted to us.
And do not bring us to the time of trial.'

Luke 11:1-4

And most church traditions finish this with a hymn of Praise:

For the kingdom, the power and glory for ever and ever Amen

As you start praying ... perhaps pray for guidance with St. Benedict

O gracious and Holy Father,
give us wisdom to perceive Thee,
diligence to seek Thee,
patience to wait for Thee,
eyes to behold Thee,
a heart to meditate upon Thee,
and a life to proclaim Thee;
through the power of the Spirit of Jesus Christ our Lord. **Amen**

As you come to the end of your prayer today, perhaps pray with St Patrick

I arise today through the strength of heaven ...
Christ with me, Christ before me, Christ behind me, Christ in me,
Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ
when I lie down,
Christ when I sit down, Christ when I arise
Christ in the heart of everyone who thinks of me
Christ in the mouth of everyone who speaks of me
Christ in every eye that sees me
Christ in every ear that hears me.

God's Journey with You

A chance to look back on your life ... your walk with God ... to see patterns, opportunities and growth.

1. Start with a **time line** with your birth and childhood at one end and your present age at the other.
2. Put in some **major events** ... your siblings, marriage, jobs, change of circumstances, deaths of loved ones.
3. Put in some of the **church events** that may have affected you different churches, retreats, camps.
4. Put in some of the **friendships** that have influenced you ... church friends and others

Where was God at these times? Looking back can you see God's hand? What was your image of God ... what did God look like to you? What did God seem to be? Was God distant or close? What kind of God did you know?

Some ideas to get the juices flowing:

a far off figure

a father

a mother

baby Jesus

risen triumphant Christ

impartial

king

meek and mild

protecting

encircling

unpredictable

all powerful and almighty

nearer than my breath

interested in good behaviour or

right belief

a force in the universe

ultimate truth

ultimate love

ultimate beauty

creator

friend

teacher

judge

hidden

purposeful

Notice ... breath ... offer to God in the silence.

Then think of the next few months and years.

What are your hopes and dreams for your life?

What might be God's hopes and dreams for your life?

God speaks through other people, through our gut instincts and yearnings, through what we're good at and what we enjoy (God made these!) ...

God speaks through different circumstances, through so called coincidences,

Listen ... what is God saying to you? What is life-giving in your present life? What gives joy and wholeness? What fills you with heaviness and

heartache ... What does God say to all this?

What is the next step?

Offer it to God and ask for God's wisdom and courage as you go forward hand in hand with God.



60 minutes of Personal Prayer

You will need: A Bible, paper, pen and a bin

Ask God to help you pray and read the Lord's Prayer in Matthew 6:9-15

Approach: 15 minutes

- Read Matthew 6:9
- Think of all the names you've heard God called (if you need inspiration why not read: Genesis 21:33, Exodus 3:14, Judges 6:24, Deuteronomy 10:17; Isaiah 5:16; Psalm 136:26; Isaiah 7:14 & John 8:58).
- Write lots of names down on the paper.
- Which name do you most use when speaking to God?
- *"What comes into our minds when we think about God is the most important thing about us"* (AW Tozer). How often do you use the name 'Father' or 'Mother'?
- Read Matthew 7:9-11
- How does your identity as God's child affect the way you approach God now?

Ask: 15 minutes

- Read Matthew 6:10-11
- Write your name in the centre of a sheet of paper
- Surround it with the people, situations and places that you want God to move in. Include anything that has been worrying you.
- Ask God to teach you to pray in His will for His kingdom in each of these situations
- Thank God that he has your whole life and all your requests in his hands.

Reflect: 15 minutes

- Read Matthew 6:12
- Think back through your last 24 hours, the things you've done and the people you've met
- Ask the Holy Spirit to highlight the things you've done wrong
- Next ask the Holy Spirit to show you times you should have acted and did not
- Write everything that has come to mind on a piece of paper
- As you say sorry, tear it up and throw it in the bin. Thank God for forgiving you.
- Is there someone you need to forgive today? Ask God to show you who and for the courage and bravery to forgive.

Praise: 15 minutes

- Read Revelation 1:6
- Stand and speak the names of God aloud adding after each one why this is true in your life (eg I know you're my Provider because you provide the food on my table)
- Write a poem or a few lines that expresses your love to the Father. If you need to find inspiration, flick through the Psalms or remember hymns or worship songs.

60 minutes Praying for our City ... or town

You will need: a pen, paper and your imagination

Get yourself into a comfortable position. Take a few minutes to focus on your breathing, take slow, deep breaths, and welcome the Spirit to fill you afresh.

Jesus at your door

Imagine this ... it's morning and the doorbell has woken you, "*Was I meant to meet someone?*" you think as you get out of bed and walk to the front door. There, standing in the doorway, is a man with a warm smile. You've never met Him face to face but somehow you recognise Him: Jesus has come to your home! What breakfast would you share with Him? Think of the smell, how does it taste, what would you drink? As you look across at Him is there something you want to ask Him? Why not take this opportunity ...

At the end of the meal, Jesus looks up and asks, "*I want to see what this place, the place where you live, is like. Would you show me around?*"

Use your imagination

Imagine you and Jesus walk out your front door and through your town / city. You take the journey slower than normal, every road name sticks in your head and things seem more vivid today.

What do you notice about the streets and the people?

Jesus knocks on a door and an elderly woman answers. He tells her that He's heard her prayer and whispers something in her ear. Tears of joy fill her eyes. You continue your journey passing young people hanging out, parents with their children and people going about their daily jobs.

Who do you want to stop and talk to?

Who do you want to introduce to Jesus?

What does He say to them?

Jesus asks you what you know about your area. He's particularly interested in employment, homelessness, unwanted children, other religions practiced here, and how many Christians there are. Take some time to think about how you would answer and what His response would be.

Pray with Him about these issues as you walk the streets.

You've arrived at the local hospital or doctor's surgery. Jesus looks around the waiting area then sits down next to a man in the corner. As they speak, colour fills the man's face.

Who else would Jesus visit here?

Pray for the sick with Him, imagine those you know who need healing being prayed for.

Continue your journey to places where people need Jesus' help. Think of schools, the police cells and prison, the grassmarket community, the oppressed or vulnerable.

Where are the significant landmarks of your area? As you imagine taking him to each one how does Jesus respond and who is he interested in speaking with?

You decide to take Jesus out for the evening, hoping to introduce him to your friends. Who's on the street as the day grows dark? You find your favourite place to hang out and introduce him to your friends. Conversation starts quickly, everyone has questions and crowd begins to gather.

What would your friends ask Jesus? How would you respond to their questions?

People see you sitting with him, how do you feel about it?

Are you behaving the same as you normally would or are you different tonight?

At the end of an amazing evening Jesus gives you a massive hug and thanks you for a lovely day. You wander home and think about what it would be like if He visited you everyday. What would you change in your area and in you?

Ask for Jesus to give you the Holy Spirit and ask to be Jesus' representative bringing God's kingdom with you into all the places you have been thinking about.

60 minutes praying for our nation:

15 minutes: What is our nation like? Look through the newspapers. Thank God for the good things about our nation and ask for God's help with the bad,

10 minutes: Look carefully at one article and choose two things happening today. Hold up to the light and ask God's wisdom to shine on these events. May God's Kingdom Come.

15 minutes: Focus on the government and its part in our lives. Pray for different regions of our nation, think about the different people who live around the country. Pray for our political leader.

10 minutes: Every nation has allies and enemies. Choose a nation closely allied to ours and one that is historically or currently an adversary. Pray for God's kingdom and blessing to come in both. Ask the Holy Spirit to guide you as your pray into their strengths and weaknesses.

10 minutes: Pray the Lord's Prayer over your nation

60 minutes (or shorter) of resting in God

Listen ...

Still ...

Focus ...

Be present

God is always there, prayer is about becoming more aware of God's presence with us, listening to the heart beat of life within us, discovering God at the centre of our being.

Sit with a candle, or a flower, or a picture ... focus, clear the mind and be still ... becoming aware of God's Presence with you, breath in God's Spirit.

Pray without words putting the thoughts that come into your mind to one side refocusing when necessary ...

Can you hear God's love for you?

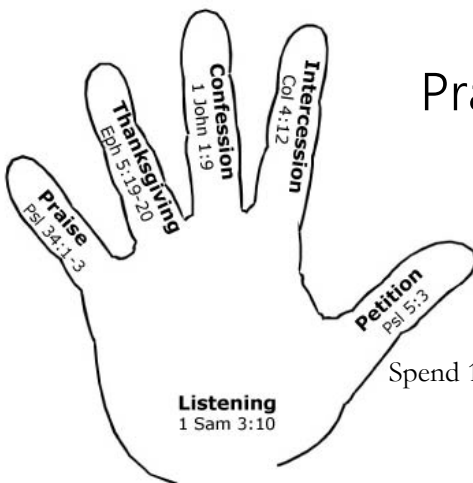
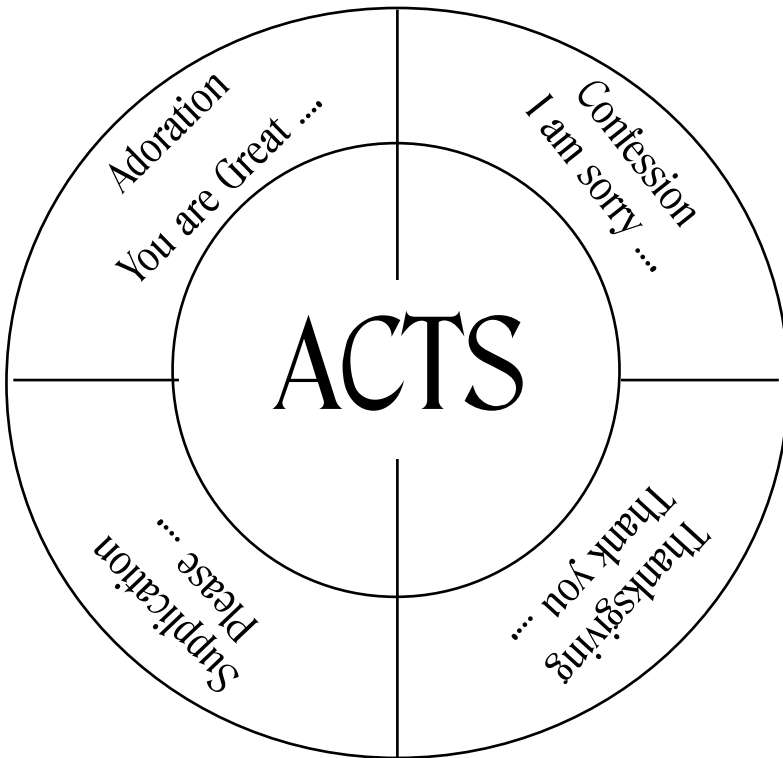
Or take a favourite passage of Scripture, a few lines of God's love and quietly and purposely repeat it as you move into silence in your body and mind.



60 minutes prayer in 5 minute chunks

- 5 min Thank God
- 5 min Spend time getting your heart right with God
- 5 min Prayerfully read a psalm of your choosing and put it in your own words
- 5 min Pray for God's Kingdom to come in a situation from today's news
- 5 min Pray for friends and family who don't yet know Jesus ... or for those you know if need - name them individually and carefully before God
- 10min Apply one of these amazing promises to your life:
 - Jeremiah 29:11
For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope.
 - Proverbs 1:33
those who listen to me will be secure
and will live at ease, without dread of disaster.'
 - Isaiah 40:29-31
God gives power to the faint,
and strengthens the powerless.
Even youths will faint and be weary,
and the young will fall exhausted;
but those who wait for the Lord shall renew their strength,
they shall mount up with wings like eagles,
they shall run and not be weary,
they shall walk and not faint.
 - Matthew 11:28-29
Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls.
 - Romans 8:37-39
In all these things we are more than conquerors through him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.
 - Philippians 4:19
my God will fully satisfy every need of yours according to his riches in glory in Christ Jesus.
- 5min Simply tell God your needs
- 5min Pray about a difficult relationship
- 5min Read a chapter from a Gospel and ask God to speak to you through it (eg Matthew 5)
- 5min How do you fall short of God's glory, and God's work in you ... hold your character, your hopes and dreams before God
- 5min Choose a part of God's character that you love and praise Him aloud for it.

Spend 15 minutes as you go round this clock ... for four different types of prayer!



Praying with our hands

Spend 10 minute each on these prayers as you work round your hand to remind you!

Use the Bible if you would like

Praying for your local church community

Our vision of serving community, of building sacred space where all can experience the presence and mystery of God.

Our love for each other ... hold those you sit with in church in God's presence, pray for them where they are now - at school, work, with their families, in hospital, alone.

Our young people as they come to the end of their school years - the changes that they face.

Name some of the difficult things that are around our church community - strained relationships, people you struggle to love, people you disagree with, or wouldn't choose to spend time with. Know that God loves them ... and you.

Write down your frustrations about church life, your doubts and questions about faith, about God ... hold them for 10 minutes with God.

Church communities seek to be the Body of Christ in the world ... we discover what God's mission for us is through every part of that body ... what is God saying to you about our direction, our mission, our future ... what is God asking you do about it? Hold the questions and unknowns in God's hand ... not everything will be answered now.

Most of all ...

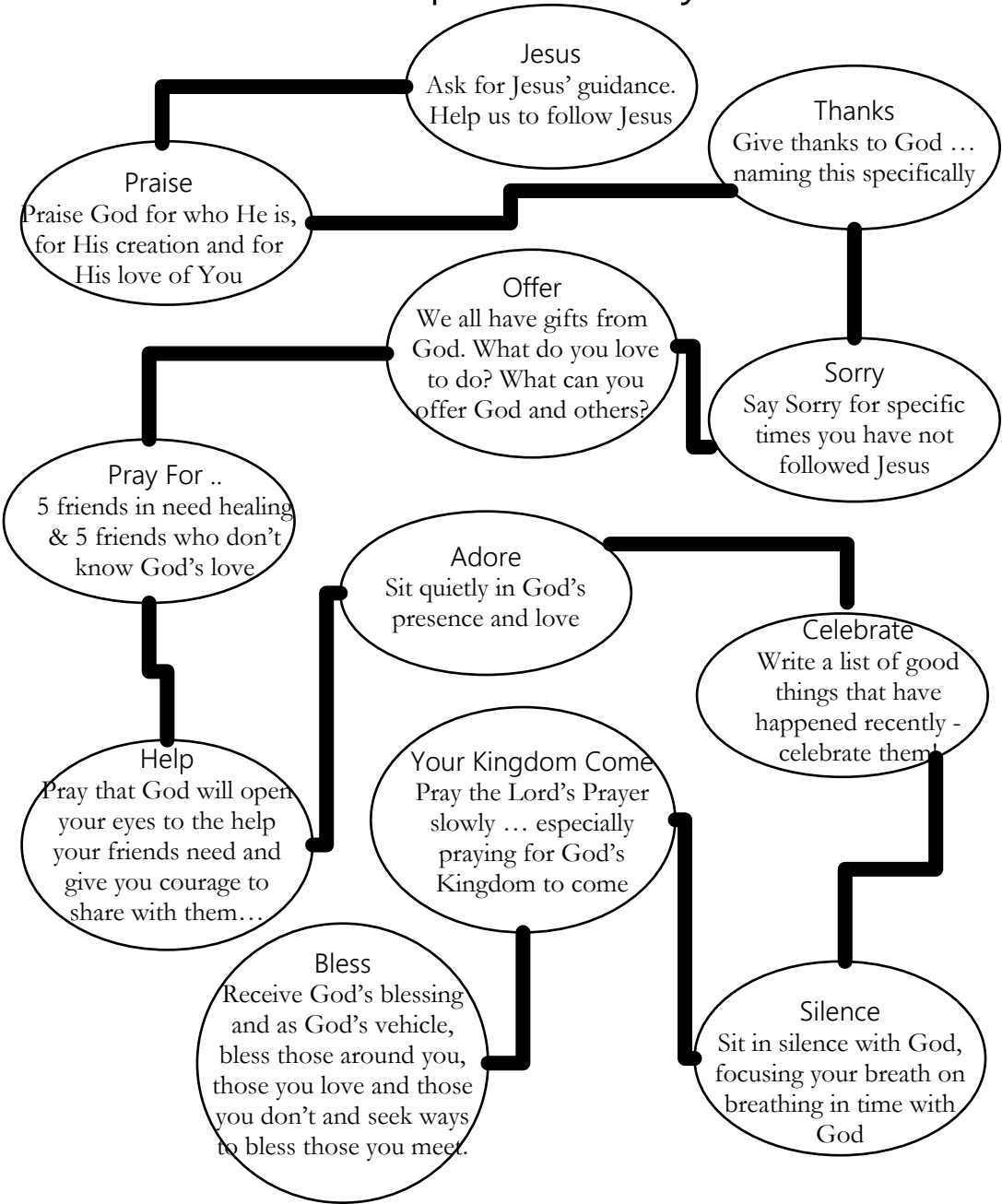
Listen ... Be Still before God

What is God saying to you?

What is God showing you?

How can you be more part of God's plan for the world - in your family, your friends, your work or your church?

A Prayer Adventure ... Follow the path with your finger and spend 5 minutes at each stop on the way



Praying with the Bible

with our Imagination

Imagination is a gift, and we can bring our life into God's presence by entering imaginatively, bringing our memories and all our senses, into the life Jesus is living in the Gospel passages. The place where we will find the action of God is where we are present to Him in the details of our own lives, and as we reflect upon the story He is telling in us.

Choose a passage from Scripture - narrative Gospel passages are usually the best ones with which to begin.

Get into a comfortable yet attentive position in your chosen place for prayer and come to rest - perhaps using a stilling exercise or listening to some music.

Ask God for what you most desire in your heart. What do you need?

Read the Gospel passage through several times - aloud or in silence.

Take time to arrive imaginatively in the scene. Perhaps there is one particular sense, as you begin to imagine, which helps you engage - go with it. Notice what you see, hear, smell, taste and feel in your body. What sensations, emotions, questions arise as you arrive in the scene from the Gospel passage. Take your time.

Without consciously causing it to happen, allow the scene to unfold and pay attention to what is happening. Don't be troubled if things do not happen the way they are recounted in the Bible. Allow the scene to develop in its own way as it unfolds.

Notice where you are - who you are - what you are doing.

Notice Jesus in this scene - observe him and his way of being and interacting with others.

Notice the other people and their reactions to Jesus and his actions. Be aware of your own feelings and your reactions to what you see and hear as you take part.

After the prayer, consider what struck you.

How did you react and feel about the events that unfolded and about the prayer itself.

What in it is relevant for your life?

Talk naturally to Jesus, as a friend speaks with a friend, about what has happened in the scene and what being there with him has brought up for you.

It can be helpful to make some notes in your journal.

Some passages to start your imaginative prayer with the Bible

Mark 10:46-52 The healing of Blind Bartimaeus

Luke 17:12-19 The healing of ten lepers

Luke 5:17-39 The healing of a paralysed man lowered through the roof

Matthew 9:18-26 The healing of a young girl and a woman with bleeding

Matthew 8:23-27 Jesus calms the storm

Luke 7:36-39 A woman anoints Jesus' feet

Some favourite verses in the Bible:

Old Testament: the story of creation and the beginnings of the human race, the setting up of a special relationship between God and the people of Israel, the history of the people of Israel as they grow into a nation. The calling of the prophets for them to remember the vulnerable and to return to a true relationship with God, rather than relying on their own goodness and what they can do. Lots of history, story, poetry and song.

The Lord bless you and keep you;
the Lord make his face to shine upon you, and be gracious to you;
the Lord lift up his countenance upon you, and give you peace. *Numbers 6:24-26*

Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go.' *Joshua 1:9*

The Lord is my rock, my fortress, and my deliverer, my God, my rock in whom I take refuge, my shield, and the horn of my salvation, my stronghold. *Psalm 18:2*
May the Lord give strength to his people!

May the Lord bless his people with peace! *Psalm 29:11*

'Be still, and know that I am God! *Psalm 46:10*

From the end of the earth I will cry to You,
when my heart is overwhelmed; lead me to the
rock that is higher than I. *Psalm 61:2*

Trust in the Lord with all your heart, and do not rely on your own insight.
Proverbs 3:5

Do not fear, for I am with you, do not be afraid, for I am your God;
I will strengthen you, I will help you,
I will uphold you with my victorious right hand. *Isaiah 41:10*

When you pass through the waters, I will be with you:
and through the rivers, they shall not overwhelm you;
when you walk through fire you shall not be burned,
and the flame shall not consume you. *Isaiah 43:2*

Trust in the Lord for ever, for in the Lord God you have an everlasting rock.
Isaiah 26:4

For I know the plans I have for you, declares the Lord. plans to prosper you and not to harm you, plans to give you hope and a future. *Jeremiah 29:11*

This is the covenant that I will make with the house of Israel after those days, says the Lord: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. *Jeremiah 31:33*

A new heart I will give you, and a new spirit I will put within you; and I will remove from your body the heart of stone and give you a heart of flesh. *Ezekiel 36:26*

New Testament: the story of Jesus (through the four Gospels – Matthew, Mark, Luke and John) and the early church, including letters written by early Christians, especially Paul, to the churches as they try to work out what this new way of living and loving God means in their daily life.

Jesus says: ‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. *Matthew 11:28*

Peace I leave with you, My peace I give to you; not as the world gives do I give to you.

Let not your heart be troubled, neither let it be afraid. *John 14:27*

God did not give us a spirit of cowardice, but rather a spirit of power and of love and of self-discipline. *2 Timothy 1:7*

I can do all things through him who strengthens me. *Philippians 4:13*

Let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up. *Galatians 6:9*



Our Father in heaven,



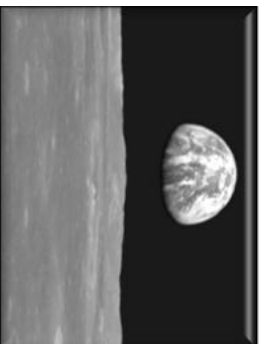
hallowed be your name,



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.**