

Some Prayer Practices You Might Try

These prayer practices can be found in the booklet that contains FCC's Common Daily Bible Reading schedule. We encourage you to join us in building daily scripture and prayer into your life. You can follow along on your own, or join the discussion online or at our Sunday Morning Study. Try out these different ways of praying one at a time. Give each one a week or so to see how it works for you.

The Lord's Prayer

Say the traditional version we use in worship or this more modern one.

Our Father in heaven, holy is Your name. Your kingdom come; Your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our sins as we forgive those who sin against us. Keep us from temptation, and protect us from all evil. For yours is the kingdom, and the power, and the glory, forever. Amen.

Three-Line Breath Prayer

You can do this prayer with beads or without. Silently pray each line as you breathe in and out. (If using beads, move to the next bead on the preparation breath.)

Breathing In: (*Preparation – Silent attention to God*) Breathing Out: **“Lord, have mercy.”**
Breathing In: **“Thee I adore.”** (Or “You I adore.”) Breathing Out: **“Into Thy (Your) hands.”**

Journaling

You can say anything to God in a journal. You can reflect on the scripture readings in a journal. Don't worry about making sense or spelling things right, just write a letter to God or use your journal to remind yourself what you're learning from God.

List Prayer

A variation on journaling. You can put different things into a list: People who need God's blessing – just list their names – God will know what they need. All the things that are stressing you out – then hand them over to God. The particulars, pros and cons of a decision you're trying to make – so the Spirit can guide you.

PenteCOST Prayer

You can do this alone or out loud with the whole family.

Pente = Praise x 5 – Think of at least five things you want to praise God for.

C = Confession – What do you need to say you're sorry for and ask forgiveness?

O = Others – Who do you know that needs God's blessing?

S = Self – What blessings do you need from God?

T = Thanksgiving – Finish up with thanking God some more.

Prayer of St. Francis

*Lord, make me an instrument of your peace. Where there is hatred, let me sow love,
Where there is injury, pardon, Where there is doubt, faith, Where there is despair, hope,
Where there is darkness, light, Where there is sadness, joy.*

*O Divine Master, grant that I may not so much seek to be consoled, as to console,
not so much to be understood as to understand, not so much to be loved, as to love;
for it is in giving that we receive, it is in pardoning that we are pardoned,
it is in dying that we awake to eternal life.*

Serenity Prayer

God, grant me the serenity to accept the things I cannot change; the courage to change the things I can, and the wisdom to know the difference.

Singing Songs of Praise

Ending with either the Doxology or the Gloria that we use in Sunday worship is a nice closing.

Lectio Divina

This is a way to pray while you're reading the scripture. Read the passage out loud, slowly, inviting God to speak to you through those words. Sit in silent prayer for a few moments. Then, read it again and pay attention to which words stick out to you. Contemplate those phrases or ideas. Then read the scripture passage one more time, listening for any final words that might speak to you. This is an especially good method of prayer to use with the Psalms.