

## Prayer Ideas / Resources

### Ideas for prayer

**Use prompts** to prayer for example...

**PRAY** - Pause (so stop for a moment and still yourself). **Rejoice** (give thanks to God and praise him, maybe remember some of his promises). **Ask** (ask God for the things on your heart). **Yield / Yes** (offer yourself to God, to following his ways and doing as he leads).

*Teaspoon* - TSP - Thank you, Sorry, Please

### **Prayer Walk**

Intentionally pray for people who live / work / play on the streets where you are walking. Look around you and at the marvels of creation and give thanks to God for his creation.

### **Thankfulness jar**

Each day think of something that you are thankful for. Write it down, say thank you to God and put it in your jar. At the end of the month / year, look back through the jar and see how many different ways God has shown his love.

### **Prayer journal / diary**

Write / draw your prayers and keep them in a book, including the small things. It's amazing when you look back to see all that God has done (and often we have missed them or forgotten them).

### **Prayer letters / diaries**

Sign up to receive prayer letters / diaries from people and organisations so you can pray informed.

### **Prayer Triplets**

Why not join with 2 other people and commit to regularly meeting with them with the intention to pray together?

### Apps

#### **Prayer mate app**

Can create your own lists of things to pray for and also you can get prayer feeds from organisations such CMS, Open Doors etc. You can select how many things you want to pray for and it will rotate them for you.



#### **Inner Room**

Similar to Prayer mate. You can also set how much time you have to pray and it will help you to stay focused.

#### **Examen**

This will lead you through a time of prayer on a different theme each day, with to pause and reflect on our own lives.



#### **Daily Prayer**

Morning, Evening and Night Prayer from the Church of England. It includes readings for each day and also liturgy which you can just pray as you read.