

WE CAN ALL PRAY

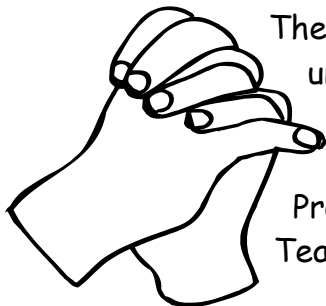
Here are some of the different ways in which people in the Diocese pray. You might like to try some of these in your own parish, if you have not used them before. They can be adapted for use by individuals or groups, formally or informally, and by all ages.



PRAYER is our time to talk *with God*, and for *God* to be in touch with us. Ideally prayer is a two-way conversation between us and *God*, with listening as important as talking.

There are many ways to pray, both as individuals and together with other people. In this leaflet you can discover some ways in which parishes in our Diocese already share in prayer — though there will be many that are not listed here.

If you share this leaflet with people in your congregation they may find new ways in which they would like the prayer life of the parish to develop. It may inspire some people to try ways of prayer that they have not come across before.



There may be ways of praying that are unfamiliar to you, and for which you would appreciate some help in 'having a go'. If so, contact the Diocesan Prayer & Spirituality Team, or your EA Team, who can hopefully suggest someone

who could come and walk alongside you in this area of spiritual exploration and growth.

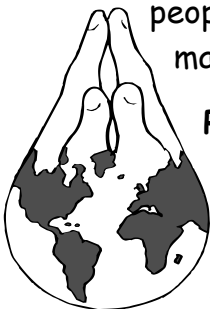
The Daily Office: prayer using a set form of prayer, psalms and Bible reading:- Anglican Morning or Evening Prayer, or a modern equivalent from the Franciscans, Iona, etc. This can be said alone or with others - though we are always with others in the Spirit when we pray.

INTERCESSION is asking for God's help for a particular person or situation, and should be a normal part of Christian life and worship. Ways to incorporate intercessions more widely into parish, and personal, life could be:

Parish prayer group(s) which meet regularly to pray for people, places, activities and concerns both within the parish and in the wider world.

Parish prayer diary, often included in the Magazine or the weekly news sheet, which lists a daily prayer intention. This may be for a person, for a group, for an activity, or for the residents of a road or an institution.

Parish map prayers. With reference to a large scale parish map, members of the church pray regularly for the people who live in a specific road, or place. This may be combined with pray walking, or visiting.



Prayer walking — alone, paired, or in groups: pray for the places, and the people who live, work, learn or play there, as you walk the streets of your Parish. You may do this often where you walk regularly, or the parish may plan a route to cover the whole parish each year.

Prayer corner in church, and / or in suitable local venues, so that people may ask for prayer for a particular person or situation, even if they never come to your church. They should be made aware of how these requests will be used - by a prayer group, offered at the Eucharist, or laid before God on the altar.

Basket prayers. People arriving for the Eucharist put a small card with their name on it into a basket, which is brought up at the offertory. As you return from communion you take a card from the basket and pray for that person during the next week. If you don't know the person this is a chance to meet them and get acquainted.

Body-focused intercession. You sit upright and use your hands as pointers to prayer eg laid on your legs to pray to follow Christ / on your stomach to pray for the hungry and needy / on your head to pray for those who are stressed or mentally ill / in front of you, palm down, to pray to use them in God's service / palm up to receive God's blessings.

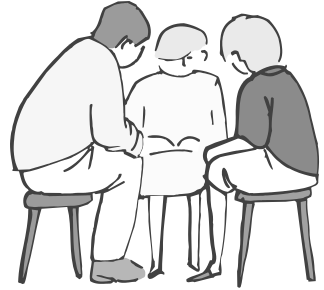
Creative intercessions Symbols (water, stones, shells, coins, candles) and actions can elicit profound responses.

PCC prayer. The opening prayers at PCC meetings are often interrupted by late-comers. So make prayer a later agenda item and take 5-10 minutes to pray about any parish concerns. If taking an important vote, the prayer time could follow the discussion but be *before the vote*, so leaving a space for God's input before people vote.

Night prayer. When sleep will not come, you can make use of this time to pray for other people and their needs.

Prayer chain. At times of sudden illness, accident or crisis one person phones details to four of a chain of people, who each then contact four more etc. so that the situation is rapidly soaked in prayer.

Parish triplets or triads. Three people meet regularly to listen to each other, pray with and for each other, often in silence, and each reviews their journey with God (everything is confidential and no advice is given). This can be a very focused and supportive way to pray. Threes may last a long time, or change fairly regularly.



TIME TO LISTEN, or just be Prayer is two-way, so many parishes have groups which meet for silent prayer, contemplation and meditation. In the quiet you enjoy just being in God's presence, and listening for his voice.

If you would like some help or advice in using any of these forms of prayer please contact the Diocesan Prayer & Spirituality Team or your EA Team



If you have a way of praying that is not included here, please get in touch and tell us about it.

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Website: www.leeds.anglican.org/spirituality