

Week of Guided Prayer

Prayer Tips

These tips are offered to enrich your prayer experience. Become aware that you are placing your mind, body and spirit in the presence of God.

Quiet Enhances Prayer

a quiet space — choose a space which invites openness to God, when you enter it

- a corner by a window
- a spot in the garden
- near a table with a Bible, cross and candle
- a particular chair that is comfortable

a quiet time — request support of your family so that this particular time is yours alone with God

- invite others to answer the phone, receive messages etc.

a quiet body — choose whatever position is comfortable

- breathing exercises and muscle relaxing exercises may be helpful

a quiet mind — intentionally set aside preoccupation with any other responsibility

- if concerns surface, write them down so they will not be forgotten but the mind can release them during your prayer experience

Focus Is Helpful

- centre on an image or object that invites you to focus your whole attention upon God (e.g., a candle, a picture, a memory)
- imagine yourself totally present to God and God totally present to you
- ask for the help you need to be still before God
- remember that God is more interested in your prayer experience than you are

Trust Is Necessary

- try not to force something to happen or to figure it out . . . let the Spirit pray through you
- there is no need to rush . . . pause and savour whatever surfaces
- quiet is okay . . . it often leads to something
- stay with a particular passage that speaks rather than going on to others
- seek to let your responses be from your heart

Reflection Is Affirming

- what passage of scripture stood out for me?
- where was God speaking and how was I responding?
- how did I feel about what stood out . . . joyful, sad, angry, tearful?
- what gift, guidance, assurance was I looking for? Did I receive it?
- is there something which I feel called to return to in my next prayer time?

Acknowledgement: **Week of Guided Prayer** is an ecumenical initiative of the **WOW Region** of The United Church of Canada.