

Forms of Prayer

1. Intercessory Prayer
 - Asking God to intercede in our lives, our communities and the life of the world
 - “When we pray for others and the world, our own thresholds are lowered and we become more available to God’s besieging love. Therefore, intercessory prayer affects the hearts and lives of others while transforming our own hearts. The prayer does not bring God to the person or the situation, for God is already there. The prayer does not convince or manipulate God, for God’s intention for wholeness and healing, peace and justice, is unwavering. . . . Our heartfelt prayers will serve to lower the defenses in those prayed for, and God’s besieging love will become more visible and inviting.” (pg. 117)
2. Body Prayer
 - Using your whole body while you pray
 - See Lord’s prayer on page 119
3. Arrow Prayers
 - Informal prayers spoken aloud or silently in our hearts in the midst of our daily life
 - Most common are Help and Thank You
4. Musical Prayers
 - Prayers that are sung or chanted
5. Centering Prayer
 - Ancient form of prayer that helps us to rest in the presence of God
 - Select a sacred word to remind you of your intention to rest with God. Begin a time of silence (15 to 20 minutes) and when your mind begins to wander, take note of what you are thinking about and then say / think the sacred word to remind yourself to return to resting with God
6. Lectio Divina
 - A method of prayer which uses repeated readings of scripture to focus thoughts and prayers
7. Gratitude
 - Ongoing prayers of thanksgiving and gratitude
8. Work and Service
 - “Our relationship with God calls us into the world to work and to serve. We are God’s hands, feet, and voices in the world. . . . Grounded in our relationship with God and holding the intention to include God in all we do, the work itself becomes a prayer.” (pg. 129-130)
9. Praying Out Loud
 - Many people are uncomfortable with praying out loud or in groups, but there are times and places where God calls all of us to pray out loud and the best way to be prepared is to practice.