

Connecting with God through prayer

Prayer is a personal relationship with our Father God and there is not a one size fits all. Some of us find prayer easy and others find it much more difficult to find that connection.

For some we will have prayed the same way for years based on what we learnt as a child, others have developed different ways to approach prayer while others of us still haven't found our own way to connect with God.

This sheet has been put together with a series of ideas on Prayer. It is designed to give you ideas about different ways you might want to try praying. We hope that you find it useful.



Prayer through Art.



This can mean different things. It might be that you use a picture or illustration to meditate on and ask God to speak to you through it. You might use it as a basis for your prayers using different parts of the picture to form different prayers.

The other way this can be interpreted is by you actually drawing yourself. You might use symbols or illustrations to represent the prayers that you want to say. You might ask God to give you a picture to draw that could then be used in a number of different ways.

Set up a quiet space



You might decide to find a certain space in your home where you will pray. You might have a small table with a bible and a candle. Some people also like to have a holding cross while praying. Some people also have a notebook and pen which they use to jot things down that come to mind while praying.



Prayer in nature/Prayer walks

Many people find that they connect with God much more easily when they are outside. You might decide to go for a walk around your local area and as you go prayer for the people in the houses you pass, prayer for any businesses you pass. Ask God to speak to you as you go. God may prompt you to do something for a particular person or point out a particular need. Always be open to what God might be saying to you.



If you decide to go for a walk in a less built up area use the beauty of the surroundings to thank God for his creation. Ask God to speak to you through the things that you see and hear along the way

Use a prayer guide or App.

There are so many guides and Apps out there it's important to do a little research before you download one.

Here are 2 that I have looked at and come recommended.



Daily prayer (from the Church of England) This is a free app although if you want full offline



access it costs £2.99 per year.

Lectio365. This is a free app and offers both morning and evening devotions.

Many Christian organisations and charities do a prayer guide which you can often get sent to you or find online. This helps you to structure your prayer for that particular organisation.

Prayer with children. (although actually anyone can use these activities you don't have to be a child!!)

Teaching children how to pray can be tricky- it's an odd concept, talking to someone who isn't physically there. There are many ways to approach prayer with children. One of the ways is to change the language you use. Rather than calling it prayer maybe talk about chatting to God (bring in the word prayer when they are a bit older or more mature in their faith) and make it very much a relaxed time and something that can be done whenever.



This website gives you some fantastic ideas of making prayer an enjoyable activity rather than a 'chore' to be done before bed

<http://flamecreativekids.blogspot.com/p/creative-prayer.html>