

# 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 Dioceses already share in prayer — though there will be many that are not listed here.



If you share this leaflet with members of 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, do contact the Diocesan Spirituality & Prayer Group, 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 a large scale parish map for reference, members of the church pray regularly for the people who live in a particular road, or place. This may be combined with prayer walking or active visiting.

**Prayer walking** — alone, paired, or in groups: praying for the places, and the people who live, work, learn or play there, as you walk the streets of your Parish. People may do this often in places where they walk regularly, or the parish may plan a route to cover the whole parish at least every 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, or offered at the Eucharist, or laid before God on the altar.

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

**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 people return from communion they take a card from the basket and pray for that person during the next week. If they don't know the person this is a chance to meet them and get acquainted.

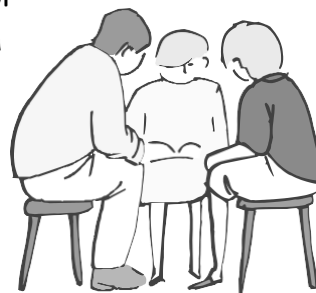
**Body-focused intercession.** You sit upright, eyes open, and use your hands as a pointer to prayer eg laid on your legs to pray to follow Christ / on your stomach to pray for the hungry and needy / on your head to pray for the stressed or mentally ill / in front of you, palm down, to pray to use them 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 a PCC meetings are often interrupted by late-comers. So make prayer an agenda item of 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.

**Prayer chain.** At times of sudden illness, accident or crisis one person phones details to eg four others, who then contact four more etc. to soak the situation 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, no advice is given). This can be a very focused and supportive way of prayer. Threes may last a long time, or change fairly regularly.



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



If you have a way of praying that is not included here, we'd be delighted if you'd get in touch and tell us about it.

Website: [www.leeds.anglican.org/spirituality](http://www.leeds.anglican.org/spirituality)