

A Short Guide to Prayer

Prayer connects us to God. When we pray, we pay attention to the spirit of God that is at work in the world and within us. God welcomes us to express what is in our hearts, but we also seek God's heart and God's will. We draw near to God in prayer, recognizing God's nearness to us, and open ourselves to being shaped by the presence of God's Spirit.

Learning the way of prayer takes time. It happens over years, as we create space to attend to God's Spirit. We sometimes experience radically transformative moments, but are mostly formed slowly, as we faithfully allowing the slow journey of this soul work to remake us from the inside out.

Over many generations, Christ's people have developed many resources and routines for prayer. I suggest beginning with a simple path, such as laid out here, and then allowing your routine to evolve and grow over time.

The schedule on the side offers a way of praying through the Psalms each month. Consider copying the schedule of Psalms onto card stock, and placing it in the cover of your Bible for a ready path of prayer each day.

A Simple Prayer Routine

1. Centering — Sit comfortably. Take three or four deep breaths, and recite the Lord's Prayer:

*Our Father in heaven,
hallowed be your name
Your kingdom come, your will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive our sins
as we forgive those who sin against us.
And lead us not into temptation,
but deliver us from evil.
For yours is the kingdom and the power and the glory,
forever and ever, amen.*

2. Psalms — Pray through one or two psalms, allowing the psalm to stretch your prayer vocabulary. If the psalm seems distant, consider that you are part of a community of prayer, and the psalm may be leading you to pray in solidarity with someone else in the community, rather than simply expressing what is within your own heart.

3. Silence — Hold silence for a period of time. Consider using a timer, and beginning with a short period of time and stretching your capacity to remain silent as you practice prayer. Consider what the spirit is speaking to you in the psalm, the silence, or elsewhere.

<u>Through the Psalms in a Month</u> (Book of Common Prayer)		
Day	Morning	Evening
1	1-5	6-8
2	9-11	12-14
3	15-17	18
4	19-21	22-23
5	24-26	27-29
6	30-31	32-34
7	35-36	37
8	38-40	41-43
9	44-46	47-49
10	50-52	53-55
11	56-58	59-61
12	62-64	65-67
13	68	69-70
14	71-72	73-74
15	75-77	78
16	79-81	82-85
17	86-88	89
18	90-92	93-94
19	95-97	98-101
20	102-103	104
21	105	106
22	107	108-109
23	110-113	114-115
24	116-118	119:1-32
25	119:33-72	119:73-104
26	119:105-144	119:145-176
27	120-125	126-131
28	132-135	136-138
29	139-140	141-143
30	144-146	147-150



More prayer resources
at <https://sparks.cards>