

# Living A Rule of Life: Through Prayer

## What is prayer?

- a relationship between a person and God
- an ongoing conversation between you and Him
- a way of being known and knowing God
- a way of speaking to and hearing from God
- a way of being formed and transformed by God

## Prayer and Studying Scripture go hand in hand

## Different forms of prayer:

- Breath Prayer
- Centering Prayer
- Contemplative Prayer
- Conversational Prayer
- Fasting
- Fixed-hour Prayer
- Inner-Healing Prayer
- Intercessory Prayer
- Labyrinth Prayer
- Liturgical Prayer
- Prayer of Reconciliation
- Praying Scripture
- Prayer Walking
- Praying in Tongues\*

## Some questions to consider:

- How do I most naturally relate to God?
- When I think of prayer, what does that look like?
- Do I naturally prefer structured or free form prayer?
- What patterns do I already have in place regarding prayer?
- What practice could help strengthen my prayer life that I haven't tried yet?

### **Tools to Praying Daily:**

- 1. Be Thankful:** find times during your day to shoot up thanksgiving prayers for the little things that cross your mind. Note how many things you were thankful for at the end of the day
- 2. Use the Daily Office to pray:** Each day find time to walk through morning, noonday or evening prayer in the Anglican Prayerbook
- 3. Pray with others around the world:** check out websites that espouse a rule of life through prayer. Here are some to consider: missionstclare.com, oeremus.org, and gratefulness.org.
- 4. Buy a good book to guide you in daily devotions and prayer.** Here are some to consider: Jesus Calling, My Utmost for His Highest, Steams in the Desert, Face to Face by Ken Boa, or Devotional Classics by Richard Foster.

### **Resources on prayer:**

Spiritual Disciplines Handbook: Practices That Transform Us

by Adele Ahlberg Calhoun

Pray as you go podcast (<https://pray-as-you-go.org/>)

The 2019 ACNA Book of Common Prayer

Open and Unafraid: The Psalms As A Guide To Life by W. David O. Taylor

Your Bible