



## **Guide to Praying**

### **Where to pray?**

You can pray anywhere, but it sometimes helps to find a quiet space so there are no distractions.

This might be a space at home or out in a park. The church is available if this is a helpful space for you.

### **When to pray?**

You can pray anywhere at anytime. Some people find it helpful to pray first thing in the morning or last thing at night.

### **How long should I spend praying?**

There are no rules for praying. If praying is new to you it might be a good idea to set aside 5 minutes at the same time each day. You might find that as you get use to paying you pray for a bit longer each day.

### **How often should I pray?**

Some people find it helpful to pray for a short time at set times 3 or 4 times each day. Others will find themselves talking to God throughout the day without a set routine. Others still will have one longer time of prayer.

### **What to say?**

You don't have to say anything; it might be that simply being quiet is enough.

You don't have to say anything out loud; you can think your prayers but saying things out loud helps to focus and not become distracted by random thoughts.

If it would help there is a prayer on the reverse of this page that you might like to follow.

You might find it helpful to pray with someone else – a friend, spouse, children, parent, grand parent, etc.

## **A Guided Prayer**

*(If you are praying with others simply change "I" to "We").*

Dear God

Please help to calm my thoughts so that I can focus on speaking to you and listening to you.

*[Pause for a moment of silence]*

I am thankful that you love me just as I am. I love you and I want to love you more.

You are my Father God and I thank you that you are the perfect parent who cares for me and nurtures me.

Jesus you are my friend and my Saviour. Thank you for laying down your life for me. Help me to be like you, willing to lay down my life for others.

Holy Spirit you are my guide and my comforter. Help me to hear from you and to recognise your voice.

*[Pause for a moment of silence]*

I am sorry that I don't always speak to you or spend time with you. I am sorry for ignoring you and for not always loving those around me as you do.

*[Mention anything specific that you are sorry for]*

Thank you that for forgive me, help me to forgive those who upset or hurt me.

*[Mention anyone you need help to forgive]*

I do not just want to pray for myself, but for my family, friends and neighbours. Specifically today I want to pray for the following:

*[You can name people, places or situations. You might want to say a few words such as "please look after..." or "please be with..."]*

God I would like to hear from you, please speak to me today.

*[Pause for a moment of silence]*

Thank you that you hear my prayer. I give you thanks and praise.

Amen