

try

praying

Try Praying...

It's easier than you might think.

The number of ways to try praying is equal to the number of people alive today. It's in our hearts, actions and words. It's individual, unique and there for you to experience on your own terms, in your own way.

In this booklet are ten tried-and-tested approaches to praying. Each is designed to fit in with our busy lives. Most you can try at anytime, others will need a little planning, but all are easy to do.

If you're ready, there's no better time to try praying...

In and out...



day
1

The first and last thing we do is breathe. It's important, it means we're alive! In the east as in the west, for millennia breathing has been a way of connecting us the created, with our creator.

Get a little closer to your maker today, to breathe is to pray. Take a quiet moment to concentrate on your breathing: in, out, repeat.

A close-up photograph of three human fingers. Each finger has a simple black ink drawing of a face on it. The faces have curved lines for eyes and mouths, and some have small black marks for whiskers. Overlaid on the fingers in a white, cursive font is the text "like a Cheshire cat".

like a
Cheshire
cat

day
2

Smile and the world smiles back. It's true. Your smile conveys to its recipient a wish of wellbeing. It shoots a silent "thank you" for them and for all they mean to you. A smile received is very likely a smile returned, with warm wishes.

Prayer is intertwined with your smile. Send out the love today.



day
3

“Clothes for the baby, or food for us?” It’s not something you expect to have to ask, but for some that’s reality. Foodbanks provide a lifeline to thousands of families and there may be one near you. Next time you’re at the supermarket, think of those with too little to eat.

Prayerfully donate food items to your local foodbank at your next visit to the supermarket.



day
4

It's good to know there's someone out there thinking of you and wishing you well. Why not return the favour? A prayer doesn't have to be in response to a request, you might simply be drawn to a name or person in a moment of quiet.

Slow down and think of that person. Wish them well and ask God to bless them in the best way you know how.



— NO — STONE UNTURNUED

day
5

Holding a small, smooth, round stone can help us become still. It allows us to focus on the present moment, and shut out life's worries. Hold the stone in your hands and ponder its history. What colour is the stone? How old is it? Where has it been?

As you become still, bring to mind issues on your heart, and ask for God's help.



THE HEADLINES

day
6

From natural disasters to human brutality, bad news comes thick and fast and there often appears little we can do to stop or resolve it. Take a moment to reflect on the day's news headlines. Allow your mind to settle on one story.

Ask God to help take away suffering and fill with hope all those who feel abandoned.



You've got
a lovely
day for it!

day
7

Grass between your toes, wind in your hair, rain on your skin; whatever your preference, reconnecting with nature can refresh and renew. Take a walk in the park, spend time in the garden, or simply admire a houseplant from your armchair.

Slow down and look around with wonder. God's creation is right on your doorstep.



day
8

From The Beach Boys to Bach, music sets the spirit free to soar. Listening to music can re-orientate us with the world around us. Rhythm assures us there is order, melodies that there is joy.

When it's all too much, let the music speak. Allow the creativity and the melody to hold you - in terror or joy, frustration or delight.



fear not
MY FRIEND

day
9

Life is full of personal dilemmas and anxieties. Life-changing events or niggling doubts, they can all weigh heavily on us and cause us to lose hope. Whatever you're facing, God is with you. Try opening yourself to the presence of God today.

Pray for God to enter your life; to fill you with love; and guide you through the difficulties you face.

A young child wearing a white knit hat with pom-poms and a brown jacket is laughing joyfully. They are holding several large, colorful balloons (yellow, orange, and pink) in front of them. The background is a soft-focus outdoor setting. Overlaid on the image is the text "ta very much!" in a white, hand-drawn, cursive font.

“ta very
much!”

day
10

Thank you: two powerful words. Uttered with little thought they have become second nature. In thinking about the people and things we are thankful for, we can cultivate a real spirit of gratitude and thankfulness that pervades all we do.

Take a few moments to dwell on what you have, on your blessings, however small and offer a “Thank you” to God.

Want to go further?

Visit: www.christianity.org.uk