



Preparation for prayer – becoming still

*“Be still and know that I am God”
Psalm 46:10*

Here are some suggestions to help you to begin your time of prayer. Everyone is different so find a way that suits you and this time ...

Find a suitable time and quiet place ... this might be a favourite chair, room, inside or outside

Choose a position in which you can be at ease and yet alert

It might be helpful to play some music, focus on a vase of flowers, light a candle or picture yourself in the midst of a beautiful scene, hold an object such as a stone or a cross.

It might help to use some simple relaxation exercises to become still e.g. become aware of yourself (head, shoulders, hands, feet etc); listen to the sounds around you, become aware of your breathing. This is who God made us to be, and we can use all that we are, to focus on Him.

Give yourself and this time to God ...”Lord, teach me to pray.”

Use the scripture provided each day and the prayer experience as described in the notes and short film.

At the end of the prayer time, give thanks to God and finish with a favourite prayer such as the Lord’s Prayer.

Reflecting on your prayer time

You might like to reflect on your prayer time and possibly make a few notes to talk about with your prayer partner later in the day. Slowly run over the prayer time in your mind. These questions may help:

What did I notice?

Was it enjoyable ... uncomfortable ... moving? Were there any changes to how I was feeling?

Were there any surprises?

How did I respond?

Sharing with your prayer partner

Your conversation with your prayer partner is an invitation to talk about how you got on when you prayed during the day.

Share only what you want to share (your notes may be helpful).

Sometimes it will have gone well; sometimes it may be that nothing seems to have happened. Either situation is ok.

Was there a particular word, phrase or image that seemed particularly important?