

99. Printable calendars are great for creative prayer. We can insert prayer requests in advance, adding important dates like a friend's birthday or upcoming surgery.

100. Books on prayer— many books are available in the parish adult library or children's library.

101. The best way to pray? Just do it... talk to God, listen to God; God is always there, ready and waiting!



Booklet created by Sue Van Oss, Director of Christian Formation at St. Paul's Episcopal Church, Duluth, MN. Some ideas adapted from Build-Faith, Belief Net, Pray Creatively and other public domain sources.

101 Ways to Pray



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Prayer is a special gift God has given us so we can talk to God. It's one of the ways we get to know God, just like speaking and listening to other people helps us get to know who they are. God already knows and loves you! God knows what you need even before you ask, yet God invites you in, to spend time with the Holy One and to ask for whatever you need.

Prayer isn't just about talking either, it's also about listening. As we listen to God speak through God's Word, amazing things can happen in us. God fills us with joy, comforts us with hope when we're sad and promises us that we are forgiven and loved because of all Jesus has done for us on the cross. All these great promises lead us back to prayer, thanking God for God's constant love and care for us.

There are countless ways to pray; this booklet gives just a glimpse of the wide variety of ways to pray that you can try. You might relate to some more than others; and that is just fine! Try different forms of prayer and go with what you are comfortable with and what you feel brings you closer to God! Just pick one to get started.

Like any other discipline, "practice makes perfect", so follow the advice given in the first letter to the Thessalonians, "Rejoice always, pray without ceasing, give thanks in all circumstances." May God be more and more known to you as you seek and as you pray.

89. Tastes-We don't often think about taste when pondering God, but taste and memory are strongly connected. What do these tastes bring to mind? What flavors do you associate with God or with His Word?

90. Mirrors- What do you think God sees? Offer a prayer of thanks for who you are or take time to pray for a need you see in yourself as you consider your own reflection.

91. Healing Prayer- someone who can pray with you for healing is available after the 10am service twice a month.

92. Seasonal Prayers- Engage in the seasons of the church year by attending Seasonal Festivals during Advent, Christmas, Epiphany, Lent, Easter and Pentecost and gain new prayer ideas.

93. Reflection Devotionals- Also at seasonal festivals, devotionals are available during all the seasons of the church year.

94. A.C.T.S Adoration, Confession, Thanksgiving, Supplication is a way to remember 4 types of prayers.

95. tsp Teaspoon prayers - thanks, sorry, please- another acronym for types of prayers.

96. Puzzle prayer- as you put together a puzzle, hold a puzzle piece, and ask yourself; are you willing to let Jesus hold the pieces of your life today?

97. Instagram prayer- during Advent and Lent, there are several hashtags that offer a different word for each day of the season and ask you to post images that symbolize that word.

98. The Knots' Prayer... Take a piece of rope and put knots in it, then focus on the knots and nots in our daily lives, deciding what we cling to and what we let go

80. Pray Through Written Words -Whether through a journal, a hand-written letter, an email, a "Tweet" or blog post, or a card given to a friend, putting prayer into written words is a powerful, ancient – and enduring – practice. Write your prayers, then over time go back and review what you've written and consider how God has responded over time

81. Prayer stone– keep a small stone in your pocket to remind you to pray with you feel it.

82. Lectio Divina-is a traditional Benedictine practice of scriptural reading, meditation and prayer intended to promote communion with God and to increase the knowledge of God's Word. Several apps can lead you in this.

83. Centering Prayer is a popular method of meditation used by some Christians, placing a strong emphasis on interior silence.

84. Praying with Icons - which are not simply pictures but rather the sign, symbol, indeed sacrament or outward sign of the presence of one depicted

85. Ignatian Examen-is an ancient practice of prayerful reflection on the events of the day in order to detect God's presence and discern his direction for us. www.ignatianspirituality.com/ignatian-prayer/the-examen

86. Smells– are a powerful way to experience God's world. Be aware of the scents around you that can bring back memories and offer prayers for what comes to mind.

87. Water is a source of life. Reflect on the importance of water in your own life? Think about how it might represent God's presence.

88. Sign Language prayers– learn a scripture verse by using American Sign Language

1. Five Finger Prayer

The 5 Finger Prayer

Thumb: Those closest to you, your family.

Pointer: Those that point you in the right direction (teachers, doctors, priests) ask for wisdom & support.

Index: (tallest) Those that lead us, (Government) ask for guidance & wisdom.

Ring: (weakest) Those that are weak, in trouble, or in pain. We cannot pray too much for them.

Pinkie: (smallest) Our prayers for ourselves & our own needs.



2. Prayer Pail or Mason Jar:

Here's a way to have a variety of prayers on hand in a decorated pail or jar, just select one whenever you want to pray as an individual, couple or family!

Step 1: decorate a pail or jar however you would like; using sharpie markers, foam shapes or stickers

Step 2: Decide if you want to use pieces of paper or write the prayers on popsicle sticks.

Step 3: Choose several pieces of paper or popsicle sticks and write the names of people or situations you want to pray for on each stick, making sure if you are in a family that everyone contributes. Then place in the pail/jar and pick one each time. Ideas: names of family and friends, our city, church, nation, world (you can write specific countries down), groups of people who are in need (hungry, homeless, those sick with coronavirus)



75. Pray to Your Favorite Song God loves music: it's all over the Bible. Happy songs, sad songs, love songs, and cause songs all reflect aspects of God's heart. Sing your prayer as a celebration, an appeal, a complaint, a yearning or hope expressed to God.

76. Pray Gazing at the Stars on a Dark Night We are small and seemingly insignificant in this vast universe. Yet praying as we look out across the galaxies gives God a chance to show us how special, powerful, and specific his love can be. On a dark night, share with God your "biggest challenges." In that context, God will grant you peace that he is big enough to care for you!



77. Pray Out Loud In fact, pray loud! Try it. Go off somewhere where no one – no one else but God – can hear you. Speak aloud to God. Let your words ring out so that you can hear them. If you're really bold, give a shout of the things welling up in your heart. The Bible says it: "Shout to the Lord!"

78. Pray While Exercising Use the rhythms and cadence to prompt prayer routines and patterns. With every other step on a walk, for instance, recount the name of a friend who needs prayer, or a gift your thankful for, or a fear you need to release. Pushing your body creates a parallel for pushing your soul.

79. Pray On a Special Day Every day is designated with some special meaning. Check an almanac to find what today recognizes, then use that as a platform for prayer. Perhaps today is the birthday of someone you know or the anniversary of an important event. Use any of these remembrances to focus and prompt your prayer for the day.

68. Bless , O Lord, this food to our use and us to thy service, and keep us ever mindful of the needs of others. In Jesus' Name. Amen

69. Bless us O Lord, and these thy gifts which we are about to receive from thy bounty through Christ our Lord. Amen

70. When Friends visit: Gracious God, friendship is one of the greatest gifts of life. We thank you for this food and these friends. May the meal nourish our bodies, and our relationships with one another. Thank you, God, for food and friends! In Christ's Name, we pray.

71. Pray Holding Your Dog or Cat; God loves animals even more than we do. In fact, our relationship with them in many ways mirrors our relationship with God. As we are with the creatures under our care, so God is with us. Thank him for your pet, and that you can trust God as they trust you.

72. Pray Through a Family Photo Album Use pictures as an opportunity to thank God for the precious people in your life. Ask for God's blessing on them to fulfill their destinies. Ask God to heal relationship rifts, and to help you heal from the grief of loved ones lost.

73. Pray During Household Chores As you tend to your cleaning responsibilities, ask God to tend to his by cleaning out your heart of anything that would compromise His blessed best.

74. Pray While Brushing Your Teeth Our words create things and tear things down. Pray that your words today would honor God, and that the things you say might cooperate with what God wants to accomplish in your corner of the world.



3. **Lego Prayers:** You can make a school, church or office building as you pray for those aspects of your life and the relationships that you have there. A vehicle (whether rolling or flying) could represent carrying the good news to the nations. If you are praying for someone in the hospital, make a bed with someone in it.



Other Ideas:

- make a cross shape on the baseboard using some bricks to symbolize bringing your prayers to Jesus.



- Use different colors to represent different types of prayer e.g. sorry, thank you, healing.
- Use accessories to pray e.g. flowers as thanks for nature
- Use lego to spell the names of people you are praying for (or the initial letter of their name if it is a long name!) Ask God to bless that person.
- Use Lego figures to pray for people. If you pick up a girl-pray for a female, if it's a boy, pray for a male, if it's a figure that has a particular job e.g. a construction worker or an artist, pray for people doing that job. If you pick up a figure with an angry expression, pray for people who are angry and need peace. Let your imagination to think of other ways of using the figures to pray!

4. Prayer Cubes:



Make the process of learning fun for all ages! Prayer cubes are great for encouraging children to pray, as well as teens and adults.

Simply roll the cube to determine which prayer will be prayed at the dinner table, bedtime or any time!

5. Prayer Tiles:

Reflect on who God is. Offer up a prayer of thanks for God's presence by using the letters from your scrabble game to create words that describe God for you. Try to connect your words "scrabble-style" to the words added by others, symbolizing the way in which our different experiences of God come together in community.



62. Life is Good Because Of You

Life is stronger than death because of You.
 Love is stronger than hate because of You.
 Good is stronger than evil because of You.
 Light is stronger than darkness because of You.
 Faith is stronger than fear because of You.
 Hope is stronger than despair because of You.
 Joy is stronger than sadness because of You. Amen.

Meal time prayers

63. Thank you for the food we eat.
 Thank you for the world so sweet.
 Thank you for the birds that sing.
 Thank you God for everything.



64. (Sung to the tune of "Are you sleeping?")

Thank you Father, Thank you Father,
 For our food, for our food,
 And our many blessings, and our many blessings,
 Amen, Amen.

65. SUPERMAN GRACE (to the tune of Superman theme)

Thank you Lord for giving us food! Thank you Lord for giving us food! For our daily bread, 'cause we need to be fed
 Thank you Lord for giving us food!

66. Oooooooooohhhhhhhh, The Lord is good to me, And so I thank the Lord For giving me the things I need, The sun and the rain and the appleseed, The Lord is good to me! Ah -MEN!

67. For each new morning with its light, For rest and shelter of the night, For health and food, for love and friends, For everything Thy goodness sends.

More Evening Prayers

57. God be in my head, and in my understanding;
God be in my eyes, and in my looking;
God be in my mouth, and in my speaking;
God be in my heart, and in my thinking.'

58. Lord, it is night. The night is for stillness. Let us be still in the presence of God. It is night after a long day. What has been done has been done; what has not been done has not been done; let it be. The night is dark. Let our fears of the darkness of the world and of our own lives rest in you. The night is quiet. Let the quietness of your peace enfold us, all dear to us, and all who have no peace. The night brings the dawn. Let us look expectantly to a new day, new joys, new possibilities. In your name we pray. Amen.

59. God bless us and keep us, God's face shine on us and be gracious to us, and give us light and peace.

60. Before the ending of the day, Creator of the world we pray, that you, with love and lasting light, would guard us through the hours of night. Amen.

61. For All Creatures Great and Small

O God, you create all living things, and you love everything you have made. The life of every plant and animal and person can be traced all the way back to you. Protect everything that lives on the land or in the ocean or in the air from all dangers of flood, fire, storm or disease. Help me take care of all the animals and respect the earth. Give all the animals food to eat and water to drink. Amen.



6. Labyrinth: Labyrinths are found in many cultures as far back as 3500 BC. Unlike a maze, the labyrinth does not have a different starting and ending point; there is only a single path leading to the center with no loops, forks or dead ends. Medieval Christians visited Chartres (and other cathedrals) and walked the labyrinth as an alternative to taking a hazardous pilgrimage to Jerusalem to walk in the footsteps of Christ. Modern "pilgrims" walk labyrinths; either by foot or with their fingers; as one of many tools to enhance prayer and meditation.

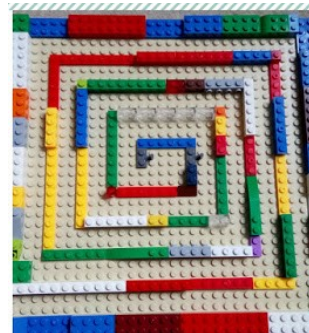
The labyrinth can be seen in three stages; entering is walking toward the center, and you should "center" yourself by trying to put aside worldly concerns and quiet the mind.

Illumination is the time spent in the center; and is a time of openness and peacefulness, take your time and let your inner spirit determine when to leave the center.

Union is the journey back outward, you leave the center following the same path as you came from, and is a time to consider what occurred in the center and how to apply it to your life.

There are many finger labyrinths available online as well, just google it! An outdoor labyrinth is located in the yard next to Holy Rosary school.

You can even make a labyrinth out of legos. Build a lego labyrinth and then use it when reflecting on God and thinking about journeying with God through life.



7. Mandalas: Creating sand mandalas comes from an ancient Tibetan Buddhist tradition involving ritual geometric patterns made from colored sand. It is a lesson of being in this moment with intention, prayer and focus. You may be praying for an outcome or a result but by making our pray-



ers clear you are sending the message directly to the source for help. It usually takes three days, and while the Sand Mandala is being created, other monks pray and chant mantras, so the positive (healing) energies of the mandala are being released to the environment and to those who are around.

Coloring mandalas is a relaxing way to accomplish the same thing; having a few moments of rest and prayer. Many are available online!

The simple act of coloring a picture can be quite beneficial in relieving stress and anxiety. One popular way to do this is to color mandalas use it as a form of meditation.

This form of art therapy has become popular among adults as well as children because it is a relaxing exercise that can take your mind off of things. Studies have shown that the geometric circles known as mandalas can be particularly beneficial over other types of drawings.¹

In Sanskrit, the word mandala means "circle." Circles are a powerful symbol found in every culture. We see them in halos, prayer wheels, and other religious symbols as well as architecture and nature.

People who color mandalas often experience a deep sense of calm and well-being. It's a simple tool that doesn't require any expertise, but it can be remarkably soothing and nourishing. Mandalas not only focus your attention but also allow you to express your creative side, which many of us neglect in our daily lives. Info from Very Well Mind

52. Milestones— bring God into the special moments in your life by celebrating the milestone using the kits available in the black carts in the parish hall. Each kit contains a prayer, blessing and symbolic gift and there are ones for all ages and stages of life.

53. Pray at mealtime— it doesn't have to be dinner! It can be any meal and you can pray silently or aloud

54. A Morning Prayer —online Wednesdays at 9am on our FB page

From Psalm 51

Help me to speak, O Lord; and I will say how wonderful you are. Give me a loving heart, a happy and cheerful spirit. Help me to feel that you are always with me, even when bad things happen. I want your Spirit to be with me all day, to help and guide me. Glory to the Father, to the Son, and to the Holy Spirit, as it was in the beginning, is now and will be forever. Amen.

55. A Noon Day Prayer From Psalm 113

How great is our God! You who follow, praise God, for to speak God's name is praise. To breathe God's name is a blessing always, a blessing today, tomorrow, and forever. From where the sun rises in the morning, to where it sets in the evening, our lives overflow with God's praises

56. Evening Prayers: Compline online Thursdays at 9pm

An Evening Prayer— From the New Zealand BCP

Glory to you, my God, this night,
For all the blessings of the light,
To you, from whom all good does come,
Our life, our health, our lasting home.



43. Lego Prayer- Using Legos or Duplos, build a house. It can be any shape or size. As you build it, think about people without homes because they have no money or jobs.

44. Colored Candy Prayer- Using M & M's, skittles or jelly beans; as each person eats the candy, they say thanks to God for something God created that is the same color.

45. Tapping Prayer- Make up tapping rhythms to symbolize thoughts and emotions as a way of praying; for every fourth beat you tap, say something or someone you are thankful for.

46. Special Place Prayer- Find special places where it's easy to focus on God together e.g. a corner of the garden; on the sofa and pray at that same spot repeatedly.

47. Appreciation Adventure Walk- Go on a walk in the neighborhood or local park. Use your five senses to experience God's World. What can you smell, noises you hear? Think about why God's world needs to be cared for, and pray for creation.

48. Candle Prayer- Have a special candle on the table that you light as you say a prayer of thanks at dinner time.



49. Family Decisions- When making a family decision; where to go on a trip, what to buy, ask what God thinks when making that family decision; ask for God's guidance.

50. Listen to a piece of music. Pray for whatever it makes you think of - either silently or aloud.

51. Gratitude Prayer- Foster the habit of thanking each other for special things e.g. cooking my dinner; making me laugh; playing a game. You could also thank God for those things.

8. Praying with Images: Humans are wired to appreciate and recognize imagery and using images allows our brains, hearts, and souls to engage Scripture and one another while opening pathways toward understanding and transformation. Elements of scripture and image are used in partnership to create a unique experience of learning, growth, and communication. In a digital age of on-screen pictures and photo albums, we recognize there is still deep meaning in holding a photograph in your hand. You can find images online to use at home as well.. These images can be held, passed around, and spread out on a table to evoke conversations and are a beautiful and tangible to engage conversation and share in faith. Pick a scripture reading and then ask those in your household to choose a picture that speaks to them. Then ask how does the Bible passage relate to your image. Where might God be in this image? Where would you put yourself in this image? What is God saying to you from the Bible passage?



9. The Lord's Prayer: One of the most common prayers is one that Jesus taught his earliest disciples and it has been passed down through the centuries to His disciples today.

A great way to teach young children is through stringing colored beads that represent each line of the prayer.

Our Father, who art in heaven-Light blue- reminds us of the sky which is where we often think of heaven

Hallowed be thy name-white is the color of purity and holiness, hallowed means holy, God's name is holy

Thy kingdom come, thy will be done- purple is the royal color of kings

On earth as it is in heaven, - bright green is the color of new grass and reminds us of the beauty of God's earth

Give us this day our daily bread-brown is the color of grains and wheat that we use to make bread

And forgive us our trespasses as we forgive those who trespass against us-red is the color of celebration for relationships that have been restored.

And lead us not into temptation, but deliver us from evil- black is associated with evil and sometimes we are tempted to do things we know we shouldn't so we ask God to keep us from things that are evil.

For thine is the kingdom, and the power and the glory- gold reminds us of God's kingdom and glory

Forever and ever, Amen- dark green reminds us of pine trees, it is an enduring color symbol of unending, everlasting things.

35. Pray a Peanut Butter Minute- If you are a parent of school aged kids; when making your child's lunch, whisper a prayer as though you are sending the prayer right into your child's meal. You might even tuck in a blessing on a post-it note.

36. Playdoh- sometimes just having something to do with your hands can help you pray!



37. Rocks- find a rock, write a prayer or blessing on it and leave it for the next person to find

38. Bible- just open the Bible at random, point your finger at a line, and see what it says and how it can be a prayer for you!

39. Prayer Beads- make a set of Anglican prayer beads (google it) and use them for your prayer time.



40. Prayer Apps- There are several, one of the best is 3 Minute Retreat, others are listed on our website, www.stpaulsduluth.org

41. Toss it away - Tear off a piece of paper and write something wrong you have done on it. Ask God to forgive you for doing wrong and then scrunch it up and toss it away. God knows you're sorry and has forgiven you.

42. Fridge magnets -Write things you are thankful for with fridge magnets. Occasionally, use the words on the fridge to fuel thankful prayers before a meal.

29. Shower Power-Water is a powerful spiritual symbol. As you soap and rinse in the shower, pray to be cleansed of any feelings of anger, bitterness, resentment, or regret.

30. Practice Driveway Meditation- Turn your time behind the wheel into time for prayer. Before starting the car engine, place your hands lightly on the steering wheel and breathe deeply several times. Ask the Holy Spirit to steer you through your day. Back out of your driveway slowly, and remain aware of the slowness.

31. Climb Stairs– Skip the elevator and climb the stairs. Make your climb work for your body and your soul. Climb thoughtfully, breathing slowly. Use the time alone to experience a connection with God. Pause at each landing. Catch your breath, and focus for a moment on the blessings in your life. Say thanks before continuing your climb.

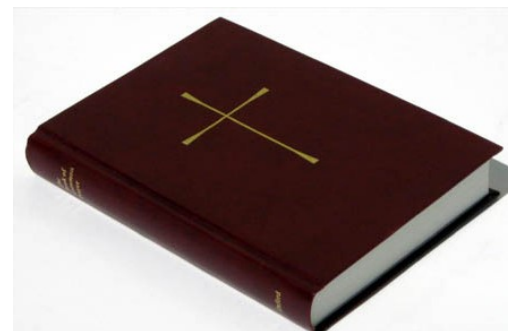
32. Touch the Earth- Native Americans have this saying: "Never let a day go by without touching the earth with your foot." Take a five or ten minute break to walk in a meditative way. Give up your usual energized stride to pay attention to the movement of lifting your leg, bending your knee, and placing your foot. Observe your breathing and your body. Look around. Notice the squirrels, the trees, and the sounds of nature. Nature tunes us into God's presence.

33. Cook up a Memory Next time you cook, pay attention to the memories that are sparked by the dishes you make. Perhaps you have old recipes lying around that you have forgotten about. Bless all those who sweeten your recollections, thanking God for the spiritual nourishment these people have brought to your life.

34. Doodle while you pray– get ideas here: <http://www.kathrynshirey.com/prayer-doodles-drawing-your-mind-to-focus/>

10. Pray with the Book of Common Prayer: In the Episcopal Church, our worship is governed by the Book of Common Prayer=BCP. It contains the words of most of our public worship services, and is written in the “common” language of the people who use the BCP, instead of it being printed in a special academic language such as Latin or Hebrew. The first BCP was published in 1549 in England, primarily prepared by Thomas Cranmer who was Archbishop of Canterbury. He wanted the church’s public worship to be available not just to clergy people but to everyone in the church. The BCP has been translated into more than 25 different languages and the current version was published in 1979.

There are also calendars, short devotional services, prayers for many different occasions and scripture readings you can read at home, along with the Catechism (outline of the faith), historical documents of the church and psalms. It serves to help us worship God and connect with each other. You can find the BCP online at <https://www.bcponline.org/> or you download it as an app to your phone. Or we have copies available for you to take home.



11. Yoga—simple yoga poses are a great way to relax and concentrate

12. Guided meditations— can give you something to focus on and clear your mind; many audio versions can be found online

13. Singing or chanting—can help us focus on a specific characteristic of God by singing it over and over

14. Coloring— can calm us and let our mind wander into God's presence

15. Knitting— join the new prayer shawl group that knits prayers into a shawl that is given to someone in need of prayer



16. Silence— Listen for and to God. This can be very difficult but very rewarding. Start small: 3 minutes, then 5, so on

17. Pray your contact list— as you look at your phone each day, start with the “A’s” and pray for 1 person in your contact list each day.

18. Pray your schedule. Ask for God's perspective on your daily schedule. Ask for insight into the things God wants you to do and not do, to accomplish and plan.

19. Thankful prayers— Tell God 1 thing you are thankful for each day.

20. Take a walk or hike in nature, away from the ‘business’ of life. Allow the sounds and smells of God's creation to speak to you.

21. Instrument— Just sit and play, don't try to think of specific songs just let your fingers and thoughts of God take you and the instrument on a little journey.

22. Try doing something active while you pray: running, exercising, dancing, punching a bag. Getting your body involved in prayer can be very exciting.

23. Get a map of the US or download one from the web, the world, or any other country you'd like to focus on. Pray every day for one place on the map, one town, one state, or region. Pray for the leaders of that country and people. Place a cross on each place as you pray.



24. Every time you hear a siren pray for police officers, firefighters, paramedics, and the people involved in the 911 call they are attending.

25. Are you a parent/grandparent? Pray for your kids everyday. If you don't have children there are probably kids in your life that you can pray for. (nieces & nephews, church kids, godchildren, neighborhood kids, etc.)

26. Pray through the news. Get a newspaper and cut out stories of things and people you will pray for. Pray during and after watching the evening news. What better way is there to take all that negativity to God and see God's hand at work?

27. Light some candles or start a fire, turn off all the lights, and allow God to speak to you in the warmth and glow of the fire. Seek God as the “Light of the World”.

28. Alarm Clock Alleluia— When your alarm goes off in the morning, open your eyes and repeat this line from the Psalms: "This is the day the Lord has made. Let us rejoice and be glad." Commit to living in gratitude for the day, and you'll soon notice how much happier your days can become.