

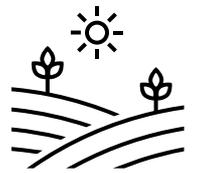
Some ideas to help with praying at home, in the garden, or out for daily exercise.



Dear God....

Writing a prayer journal... great for finding that quiet space amongst a busy home but equally good for gaining a fresh perspective with God.

Going for a prayer walk, spending time praying in the garden or finding a peaceful outdoor space can help us to open-up with God.



Lighting a candle or finding a helpful symbol such as the cross, or rock provide focus and remind us something about God. Praying with our eyes and looking with God at the world around us.

Creative prayer using art. It might be a doodle, drawing or painting. Finding a way of expressing your prayer to God in a way which helps you connect. Draw near to God.



Sit and talk with God over a nice refreshing drink. Prayer in this way can help to reflect upon things gone by and makes time to pray for things to come.

Music plays a big part in worship, hymns and songs are basically sung prayers. This might be how you meet with God in prayer, speaking from your heart and soul.



Using our hands to model clay or play dough during prayer time is a great way of expressing our emotions with God.

If you can find a piece of string or cord, begin thinking about significant times in your life and tie a knot to represent it. Different sizes/shapes of knots might relate to what you are praying about with God.



We can pray with God online – praying about news stories or praying for the work of various Christian charities and aid agencies. You might want to Download a prayer App for daily inspiration.

These are just a few ideas, but I hope they have encouraged you a little to think about engaging all your senses when being with God in prayer. Amen.