

General Prayer Practices:

- Sit where you don't normally sit. Changing your view can open your heart and mind to new things.
- Take a walk. Prayer walks are good for the heart and soul. Just talk and listen to Jesus.
- Find an image on google like a cross, church icon, religious paintings, etc. and meditate on it.
- Grab a bible and read from the Psalms. Read it through 3-5 times taking note of words or phrases that stand out to you. Write them down. When you have a couple phrases spend time praying them back to God.
- Take a word or phrase from scripture and pray it back over and over like: Lord Jesus Christ, Son of God, Have Mercy on Me; The Lord's Prayer; or Lamb of God who takes away the sins of the world, etc.
- Sit in silent meditation before God. To help clear your mind use a word or phrase to repeat in your mind every time it strays. (which could happen a lot!)
- Silently lift up your needs or prayers before God
- Pray ancient prayers (Look up prayers in your phone by St. Francis, Ignatius, Gregory, Athanasius, Thomas Merton, and Thomas Keating.)
- There are many prayer books you could use to help you pray

Or pray through the liturgy below:

O Lord, let my soul rise up to meet you
as the day rises to meet the sun.

Glory to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now, and will be forever. Amen.
Come, let us bow down and bend the knee : let us kneel before the Lord our Maker.

We pledge allegiance to the Lamb : and to the kingdom for which he stands.

READ: Psalm 99:1 – 5

The Lord is King; let the -people tremble :
he is enthroned upon the cherubim; let the earth shake.
The Lord is great in Zion : he is high above all -peoples.

Let them confess his name, which is great and awesome : **he is the Holy One.**

“O mighty King, lover of justice, you have established equity : **you have executed justice and righteous-ness in Jacob.**”

Proclaim the greatness of the Lord our God and fall down before his footstool : **he is the Holy One.**

We pledge allegiance to the Lamb : and to the kingdom for which he stands.

READ: Exodus 5:1 – 6:1 Mark 7:24 – 37

We pledge allegiance to the Lamb : and to the kingdom for which he stands.

Second-century martyr Ignatius of Antioch said, “Better to die for the sake of -Jesus Christ than to be king over the utmost ends of the earth.”

Prayers for Others

Our Father

Lord, keep us from making excuses for the sake of disobedience and spiritual death. Help us remember that all of humanity is invited to feast at your table, especially those we would name as enemies. Amen.

May the peace of the Lord Christ go with you : wherever he may send you;
may he guide you through the wilderness : protect you through the storm;
may he bring you home rejoicing : at the wonders he has shown you;
may he bring you home rejoicing : once again into our doors.