Traveling the Way of Love: Pray
Reflection Guide

Scripture
Romans 8:26-27

26 Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. 27 And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

Reflection
1. Host Chris Sikkema begins the episode by confessing that, for him, prayer is one of the harder Way of Love practices, in large part because he worries about getting it “right.” Early into the conversation between Chris and Canon Katie Churchwell, host of “Pop-up Prayer,” Canon Katie states that “you can’t plan prayer to be perfect,” sharing that whether we pray as our best selves or our worst selves, God is still there, loving us as we are. What keeps you from praying more often? What “rules” or hurdles do you encounter that discourage you from practicing?

2. One method of prayer that Canon Katie recommends is intentionality: the act of being intentional about saying small prayers of gratitude or intercession for everyone you interact with during a day, including those with whom you text or email. One way she recommends beginning this practice is by simply saying a brief two- or three-word prayer of thanks for each person to whom you send an email. What do you think of this idea? How do you think this practice would change your day, those you encounter, or your experience of God?

3. Learning to seek the presence of God throughout the day is another way to pray that host Chris and Canon Katie discuss. To practice, think back over your day – taking note of the various tasks and interactions you had. Now, imagine you are calling or texting a friend to tell about your day. Where would you say you saw God at work? Where did you see kindness, love, self-control, patience, joy, peace, or gentleness? Name those places to God just as you would a good friend. That is prayer! How does this practice feel? Did you enjoy this practice, or would you prefer something more formal? Want to go a little deeper into this style of prayer? Consider trying a practice called “praying the Examen” (www.ignatianspirituality.com/ignatian-prayer/the-examen/).

Prayer
From the Sarum Primer

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;
God be at my end,
    and at my departing.