PRAY
Dwell Intentionally with God Each Day

Getting Started

Individual
Say the Lord’s Prayer (or another familiar prayer) once a day for two weeks.

Small Group
Offer prayer at the start and/or end of meetings and include space for people to share their personal prayers out loud.

Congregation
Write your own prayers of the people, reflecting the needs and thanksgivings of those inside and outside the church (Book of Common Prayer, p. 383).
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Going Deeper

Individual
Set aside a time to pray daily for others. Include three minutes of intentional silence, asking God to speak to you.

Small Group
Break into groups of two or three to pray. Speak simply, naturally, and directly to God with each other: Say to God what you are thankful for, what you desire and yearn for, what you are carrying as sorrows or burdens.

Congregation
Set up a prayer ministry in which people are accountable for gathering prayers of the people and the world and praying weekly.