

Tools for Ordinary Time

Begin by . . .

- Saying grace at meals
- Learning the Lord's Prayer
- Reading and praying the psalms

Spiritual practice:
Prayer

Let Us Pray, Any Time or Place

Breath

As you breathe in and out, pray a sentence or phrase silently—part one on the intake, part two on the out-take.

Some phrases to use:

- ◇ Come, Lord Jesus.
- ◇ Holy Spirit, fill me.
- ◇ Lord, have mercy.
- ◇ Teach me patience, gracious God.
- ◇ Give me strength, healing Christ.
- ◇ Lord, hear my prayer.
- ◇ Creator, show me your love.
- ◇ Guide me, O Teacher.

Examen

from *Sleeping with Bread: Holding What Gives You Life*

At the end of the day ask:

- For what am I most grateful?
- For what am I least grateful?
- When was I happiest?
- When was I saddest?

Hang on to or let go of any feelings of distance from or dissonance with God.

As you toss an inflatable or soft fabric globe, pray for the countries that your thumbs are touching when you catch the ball.

World

Use your hand as a prayer tool: thumb for family and friends; index, for others; middle, for leaders; ring, for the ill; little finger, for yourself.

Hand



Tools for children, youth, and adults to talk and to listen to God

Visualize

inspired by *Praying in Color*

Think of someone or something to pray for or about. Use a sheet of blank paper, crayons, color pencils, or markers. Draw as you pray.

- * Imagining the person or situation surrounded by God's love.
- * Thinking of the person or situation as happier and healthier.

* Leaving the person or the situation with God.

ACTS, an acronym prayer

A = adoration	Wow, God!
C = confession	Oops, God!
T = thanksgiving	Great, God!
S = Supplication	Please, God!

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(CMP) serves to the glory of God as a ministry of the

Presbyterian Mission Agency of the Presbyterian Church (U.S.A.). To that end, we pledge to produce and provide excellent and faithful educational resources that help people and congregations:

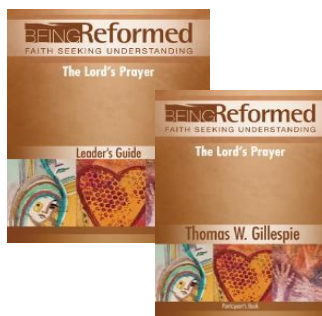
- Make commitments to live as disciples of Jesus Christ;
- Discover an identity in continuity with Reformed expressions of the historic Trinitarian faith;
- Worship and serve God joyfully; and
- Honor Christ by doing justice, loving kindness, and walking humbly with their God.



Inspire, equip and connect the PC(USA) in its many expressions to serve Christ in the world through new and existing communities of faith, hope, love and witness.

Resources for learning more about prayer

For Adults



Being Reformed: The Lord's Prayer

This study in the Being Reformed series opens new understanding of the Lord's Prayer. It is grounded in what the words meant when Jesus gave them and goes on to show us what they can mean for the church today.

The more we understand these meanings, the more the Prayer will take on deeper dimensions as we pray its words in groups and individually.

For Youth

Prayer is a six-session mini-course that explores questions from young people about prayer by connecting the question with the Bible and the creeds and confessions of the Presbyterian Church (U.S.A.).

Intended for older youth, this curriculum is easily adaptable for broadly graded youth ministry.



For Families

The 2015 Presbyterian Mission Yearbook for Prayer & Study is devoted to compassionate and prophetic disciples. They proclaim God's justice and extend God's reign through their lives and work. Their stories will inspire and encourage you. Engage in ministry alongside them by praying through the Mission Yearbook each day. Order the yearbook by calling (800) 524-2612.

