

# 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.