

# Methods of Prayer

## The Lord's Prayer

Earliest Christian teaching in *The Didache* instructed Christians to pray this prayer three times a day. You might take time with each phrase and consider more deeply what you are asking of the Lord, and what the Lord is asking of you.

## ACTS

Adoration – Confession – Thanksgiving – Supplication. This form of prayer emphasizes praise as the starting point, then our humble confessions, thanksgivings, and lastly asking for God's help.

## 5-Finger Prayer

Each finger is a reminder to pray for a specific person/people group: thumb—those closest to you; pointer finger—those who point you to God; middle finger—leaders in the church and world; ring finger—those who are weak and in need; little finger—yourself.

## Contemplative Prayer

Gentle, contemplative repetition of prayer “mantras” like the “Jesus Prayer”: “Lord Jesus Christ, have mercy on me, a sinner.” Or other phrases from Scripture, such as “Lord, have mercy,” or “Be still and know that I am God,” or “I believe; help my unbelief.”

## Psalms

The psalms are the prayer book of the Bible—for Christians and Jews. Instead of reading the psalms, pray them. Consider how these might be fitting words of prayer for others—maybe people you know, maybe people half a world away. Try memorizing a psalm, letting it take root in your, and see what fruit comes from carrying that prayer in your heart and life.

## Practice:

## Methods of Bible Study

### SOAPY

1. **Scripture**—write down the verse God has impressed on you during your reading.
2. **Observation**—write down what the lesson is for you this day
3. **Application**—write how this lesson applies to your life
4. **Prayer**—write a prayer to God concerning this lesson and your life
5. **Yield**—what must you yield in your life for this lesson to become alive in you?

### Lectio Divina

**Lectio (reading):** slow, meditative reading of Scripture (3x)

**Meditatio (meditation):** reflecting on the word or phrase God impressed on you

**Oratio (prayer):** your response to the word. Tell God how you feel.

**Contemplatio (contemplation):** resting in God's silence

### Wesley's Notes

Whatever insight you gain, *use it immediately.*

### Practice:

# Prayer and Bible Study Resources

## Bible Study

- [www.biblegateway.com](http://www.biblegateway.com) -- compare translations, daily reading plans, search by keyword, and much more. There is a free app by the same name that also includes these helps.
- [www.textweek.com](http://www.textweek.com) -- this will help you follow the revised common lectionary readings
- Wednesday morning women's Bible study (10am).
- Start a new one.

## Helpful Apps:

“Pray As You Go” – this follows the contemplative lectio divina method of scripture meditation. Each day there is a new (around 12 minute) episode that includes a centering song, multiple readings of a scripture passage with questions for reflection in between each reading, and it concludes with the Gloria Patri (“Glory to the Father and to the Son...”). It is done by Jesuit monks in Ireland, so their accents are fun 😊

“Centering Prayer” (by Contemplative Outreach) – another contemplative form of prayer. This form of prayer is about silent receptivity to God's presence and action within your heart and soul.

“Common Prayer” – this is daily prayer app that includes morning, noon, evening, and bedtime prayer patterns, as well as prayers for special occasions. It is similar to the Episcopal *Book of Common Prayer*.

“Jesus Calling” – a good devotional app, or you can buy the book

There are as many apps to help with prayer and meditation as you can imagine...if you find a particularly helpful one, please let one another know.

## Prayer

<http://www.spiritualityandpractice.com/> -- this website is a treasure chest of resources when it comes to prayer and spiritual practices.

Prayer Labyrinth – in my office (Wil's) I have copies a small prayer labyrinth you can trace with your finger (take it with you to work, when you travel, etc.). There is a full-sized labyrinth located at the Hinton Rural Life Center.