

## Types of prayer:

† Adoration – Worship only to God.

† Thanksgiving – Always remain thankful to God for what He has promised and whatever He lovingly gives. Continue to love Him.

† Meditation on Scripture - Choose a passage that matches your needs or mood. Read it silently at least three times remaining focused on Jesus. Rest and trust. Try to understand what you read – Jesus peacefully will speak to you. Give Him thanks.

*Lectio Divina* is a monastic, silent practice, a contemplative way to listen to God through His divine inspiration.

† Contemplative Prayer – Silent reflection opens you to transformational energy that is not predictable or self-directed; it trusts the Spirit to help release what you need by offering the heart and soul to God.

† Petition – Ask for a need to be met for yourself or others. If the prayer is unanswered, examine the prayer and the possible reason for its apparent failure. Determine if it is according to His good and perfect will. A delayed answer may be denied because it is for our own good.

† Breath prayer – Slow down, breathe deeply, and listen with the heart. This form is short and repetitive.

God of wisdom, ... be my guide.

Those who trust the Lord, ... will renew their strength.

God of healing, ... restore my soul.

The Lord is my shepherd, ... I shall not want.

Make me a channel, ... of your love and grace.

† Prayer through journaling or walking in prayer (with/without a companion).

† Intercessory prayer for another - For healing - The laying on of hands leads to Jesus' love flowing to another – in silence or prayers given by someone who can direct Jesus' love or someone who has special gifts to boldly discern and

reveal an event, long forgotten or in the subconscious and give it to Jesus.

(Special gifts in this case refer to prophecy, counsel, wisdom, tongues, etc.)

† Pray with David's Psalms throughout the week - Ps. 1 - Day 1, Ps. 5 - Day 2,

Ps. 19 - Day 3, Ps. 23 - Day 4, Ps. 24 - Day 5, Ps. 27 - Day 6, and Pray your own prayer and listen for God's voice – Day 7.

And finally, if you seek more, consider a quiet day or a retreat – either alone or with a group of prayerful Christians.