

## Week of Guided Prayer

### Suggestions for your Personal Prayer Time

**Here are some suggestions for how you might structure your time. Have a look at the email sent earlier about the experience of Praying Scripture for another example of what you might choose to do.**

There are no “must dos” but taking time to still yourself, light a candle and pray is helpful.

- If possible read the four passages before you go to bed and pick one in the morning. If one stands out right away though, go with it.
- Avoid reading the reflection until you have read over the passages and picked one. The reflection could steer your train of thoughts and prayer before you have given God a chance. If you get stuck then return to the page and use whatever you find helpful.

**Choose** a place to pray every day . . . quiet . . . no interruptions . . . no phone . . . light a candle . . . relax by a window . . .

**Centre** yourself . . . notice your breathing . . . picture a relaxing image . . . ask for God’s help to be still. . . write down any concerns to release them . . .

**Trust** . . . don’t force things to happen . . . quiet is okay, often leading to something . . . stay with a passage that speaks to you rather than going on to another . . .

**Reflect** . . . after the prayer . . . Where did God speak? . . . How did you respond? . . . How did you feel about what stood out? Joy? Sadness? Fear? Anger? . . . What gift or assurance were you looking for? Did you receive it? . . . Are you being called to a decision or action? . . .

**Journal** . . . write down what stood out . . . What did you become aware of? . . . This will help you reflect with your companion . . . Sometimes God continues to speak as you journal . . .

**Praise** . . . end with a prayer of thanks or praise