

As mentioned last week, there are many ways to pray. This week, I want to introduce you to some ways mentioned at www.beliefnet.com in an article entitled: *21 Ways to Pray*.

- Pray on the move going from place to place
- Pray over your favorite foods
- Pray through a family photo album using the pictures to remind you of those relatives for which you can pray.
- Pray while holding your dog or cat
- Pray doing household chores
- Pray while brushing your teeth
- Pray while listening to your favorite song
- Pray the words of the Bible: i.e. Psalm 23, Romans 8
- Pray on a solitary walk in nature
- Pray gazing at the stars on a dark night
- Pray out loud
- Pray with a friend about a secret or burden you are carrying
- Pray while reading the newspaper
- Pray while exercising
- Pray with silence and stillness
- Pray over a good meal with family and friends
- Pray on a special day
- Pray through written words— journaling

Disciple Life

The Wesleyan Way

Week # 24



Start the Conversation:
Provoke One Another in Love

PROVOKING QUESTION:

This week, you are encouraged to ask a church member the following:

Where is the most common place/time that you pray? Where was the most unique place/time that caused you to pray?

- Pray with emotion: laughter, crying, anger
- Pray with simple triggers (tools such as a small stone in your pocket. Whenever you touch the stone offer up a prayer.)
- Pray NOW — why put it off!!

To this list I can add...

- Pray in the checkout line at the grocery store
- Pray while waiting in the doctor's office
- Pray before worship begins at church

I now challenge you. Come up with some other places or reasons to pray and write them in the space below. It would be nice if you would share them with me. I'd like to see what you came up with.

Carry the cross  and follow me.
Luke 14:27, NRSV