

PRACTICE 7

PRAY

faithbit challenge
October 10 & 11



"Pray without ceasing"
1Thess. 5:16

Prayer is a special way to share our thoughts with God. Prayers come in all shapes and sizes. They can be formal or spontaneous, original or borrowed.

To pray, just start talking. Or, stop talking and acknowledge God's presence in a moment of silence.

"Be still and know that I am God"
Psalms 46:10

#1 We are often shy about prayer, especially about praying out loud before others. This challenge invites you to practice praying out loud at home, in your car, on a walk in the woods or with your friends and family. Consider including: praise to God, personal confession, thankfulness to God, praying for others and praying for yourself.

#2 Lift up prayers silently for those in need – co-workers, neighbors, friends and family members. Pray especially for those who you find to be difficult or challenging. For instance, instead of "cussing" out the bad driver, offer a prayer for the driver and for others they will encounter.

#3 Join the Prayer Chain by contacting the church office 262-251-2740/
holycross1@holycrosslutheran.org.
Nanette Smith sends out periodic prayer requests for the world, our communities and individuals. Her prayers are beautiful – you can pray them silently or

out loud as you find comfortable. You can do it weekly or daily! Check out our website for an example.

HOW MANY WAYS CAN YOU PRAY?

Pray on the Move

While driving to work, to school, or chauffeuring your kids, use familiar landmarks to remind you to thank God, ask God, seek God, and listen to God.

Pray Over Your Favorite Foods

The Bible says, "Taste and see that the Lord is good!"

Pray Over Your Daily Calendar

As you begin your day, preview your day's activities and commitments. Pray for your kids' teachers, the bus drivers, other commuters, co-workers, etc.

Pray Through a Family Photo Album or Cell Phone Album

Use pictures as an opportunity to thank God for the precious people in your life. Ask for God's blessing on them, heal broken relationships, and to help you heal from the grief of loved ones lost.

Pray During Household Chores

As you tend to your cleaning responsibilities, ask God to cleanse your heart of anything that gets in the way of your faith journey.

Pray While Brushing Your Teeth

Our words create things and tear things down. Pray that your words today would honor God, and that the things you say might cooperate with what God wants to accomplish in your corner of the world.

Pray the Psalms from the Bible

Pick a passage like Psalm 3, 8, 23 or 121, and pray the words slowly.

Pray Gazing at the Stars

When we look at the stars we may feel small and insignificant in the midst of this vast universe. On a dark night, share with God your "biggest challenges."

Pray While Reading the Newspaper

God cares about the world and the pain and suffering affecting all people. Pray for those who are God's healing and helping hands in the world.

Pray While Exercising

Use the rhythms and cadence to prompt prayer. With every other step on a walk, for instance, recount the name of a friend who needs prayer, or a gift you're thankful for, or a fear you need to release.

Pray with Silence and in Stillness

Our days are filled with rushed activity. Finding a few moments to sit still can be a great catalyst for prayer. Try sitting still and being silent, allowing your thoughts to move toward God. The Bible says, "In quietness and trust is your strength."

Pray Over a meal

There's a long tradition of feasts and worship. Use either an ordinary meal or a special occasion to give thanks to God for all that God provides.

Pray Through Written Words

Whether through a journal, a hand-written note, an email, blog or a tweet, putting prayer into written words is a powerful, ancient and enduring practice. Write your prayers, then over time go back and review what you've written and

consider how God has responded over time.

Pray with Emotion

God can handle our feelings. God created our emotions and welcomes our anger, sorrow, frustration, fear, and celebration. In fact, God wants it! We're to love God with all our heart, mind and soul.

Adapted from the Web.

Belief Net.com "21 Ways to Pray"



Thumb: Praise - Give God a thumbs up!

Pointing Finger Confession – whenever you point, you have three pointing back!

Tallest Finger Thankfulness – This finger balances our head – give thanks for all that God has provided.

Ring Finger Relationships – pray for family, friends, co-workers, neighbors and even strangers!

Pinky Ourselves – The smallest finger reminds us to pray for ourselves after we have lifted up all our other prayers.

“Prayer does not change God, but it changes him who prays.”

Søren Kierkegaard