

# Teach us to pray...

## Simple Prayers

**Hands down, hands up**—This is a prayer for openness and receptivity to God and God’s word, and each other. Tell the group to close their eyes and place their hands, palms down on their lap. Guide the group by saying: “We’re going to pray silently tonight first with our hands down in confession and then with our palms up in openness to God. With your palms down you are letting go of whatever might be distracting you tonight. Let God have your worries and troubles. Maybe you need to ask for forgiveness.” (Pause) “Whenever you are ready to receive what God has for you tonight, turn your palms up and wait on God.” (Pause.) When you, as the leader, see that each person has turned his or her palms up, conclude the prayer with: Our lives are in your hands, O Lord. Amen.

## Shoulder Rub Blessing

After the group has shared about their lives, stand in a circle and give a shoulder rub to the person in front of you. Take turns asking God to bless the person in front of you with whatever they might need for the week.

## Prayer Stone

This prayer teaches discipline in prayer throughout the day. Preparations: Collect enough smooth or polished stones for your group. Place the stones in a basket. When you meet: Allow members to choose a stone for their pocket. As a group, choose a theme for prayer such as one other persons in the group, an upcoming event, peace in a particular country, or a prayer verse such as: *Be still and know that I am God*. Whenever they handle the stone throughout the day, offer a short prayer.

## Hymnal: A Worship Book

**#720** Make this prayer of intercession personal by pausing after each “leader” section for others to add specific prayers. Then end each section with: *In your mercy, Lord hear our prayer.*

## House Blessing

If you rotate homes for your group, plan a series of house blessings. Keep it simple and move to at least four of these locations in/around the home.

<u>Location</u>	<u>Prayer Focus</u>
Garage	...safety for drivers and cyclists of all ages.
Front door	...that the household will demonstrate God's welcome and hospitality.
Kitchen	...that those who cook and clean will be sustained with grace for their work and thanked often
Bedrooms	...for rest and that God's dreams for the person/couple will be realized.
Livingroom	...for the relationships in the household.
Yard/Garden	...for a fruitful life, for eyes to see God's creation, for stewardship of the earth.
Mailbox	...that everyone at this address will send and receive God's message of love and peace

## Fruit of the Spirit

The fruit of the Spirit is a great resource for prayers of petition. In our lives we need: **love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control**. Ask the Spirit to bring forth this fruit in the lives of your group members. Preparations: Write the fruit on individual cards. You may want to add other Christian virtues such as **courage, strength, hope, compassion** etc. Make more cards than the number of people you expect so that everyone will have choices. (You can make multiples.) When you meet: In a circle, briefly introduce the prayer by saying: "God wants good things for us and we can ask God for what we need. As you think about your life this week, what do you need from God? I'll pass a basket of cards around. Choose one that represents what you need from God this week." You may want to play some music as people choose their cards. Each person can simply pray: God you know why I need \_\_\_\_\_. Give me \_\_\_\_\_ this week. Another option is to prayer for another person's request: God, you know why (*name of group member*) needs \_\_\_\_\_. Bless (*name of group member*) with \_\_\_\_\_ this week.

## Potluck Prayer

Invite a different household at each gather to bring their table prayer or song for the whole group to learn.