

**WHAT DO I PRAY ?**

- A C T S : Adoration Confession Thanksgiving Supplication (Asking)
- Material available from the media, from Ministry groups (eg Bible Society City Mission, NZ Church Missionary Society, Parish bulletin etc.).
- Our personal contacts, friends, family.... and our own lives.

**HOW MIGHT I PRAY ?**

- On our knees, eyes closed, hands together.
- Our HEARTS are the more important factor.
- Other postures mentioned in the Bible : Standing, Bowing down, "Lifting holy hands", etc.
- The HANDS method : fists clenched... hands downward....hands open upwards.
- "Prayer: Conversing with God" (Rosalind Rinker) - as in a personal low-key conversation with God. No need for fancy or long "religious" words ! In groups too.
- In SILENCE : no words, but enjoying God's presence : "waiting on God".
- MEDITATION - perhaps with a verse or passage of Scripture or a hymn/chorus/Taize before us to focus on.
- FASTING ! yes, for some, this is an aid to focused prayer. Anointing with oil. With the Laying on of Hands....
- LOCATION : somewhere quiet with least distraction : at home, the garden, in a church, on a hillside.....

**WHEN MIGHT I PRAY ?**

- At our CHURCH SERVICES - of course. Including personal Prayer Ministry times.
- In small groups, or arranged PRAYER GATHERINGS.
- ANY TIME, ANYWHERE !- doing the dishes, out walking, in the middle of the night. " Arrow prayers" to meet the present moment.
- A ROUTINE time and place to suit our daily schedules (as we have for meals, showering, etc)

**"PRAY AS YOU CAN; NOT AS YOU CAN'T !"**

***Ephesians Ch..3:20 - Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever!***