



Prayer Style Ideas:

Ready to switch things up in your own prayer life this year? Here are some suggested ways to “practice” praying in new and different ways that can help you make prayer a more meaningful part of your life. As a tribe, pick one model together and encourage each other to stay committed to the practice until next month, then try something new. If you find a practice that works for you personally, stick with it!

Journaling

Write out thoughts and prayers like a “letter to God.” Give thanks, express frustration, list your concerns, tell God what you are thinking--whatever comes to mind, write it down each day.

Breath Prayer

Pick a word or phrase from Scripture or some other meaningful source and practice saying it slowly “under your breath” as often as possible during any down-time you may have. Suggestions include:

- Lord, Help
- God, I love you
- Shepherd, bring me home
- Jesus, have mercy
- Father, I am yours
- Lord, Here I am
- etc. etc.

Fixed Hour Prayer

Pick a time or times throughout the day, everyday, where you will pause wherever you are to pray. As a group you could all pick the same time, knowing that you will all be praying at that time together. Set phone reminders or alarms, text each other reminders, etc.

Scripture Prayer

Choose a prayer from the Bible, such as a Psalm or the Lord’s Prayer (Matthew 6), to read and study everyday. You could select a different one each week, or stick with the same prayer for a month. You may want to work on memorizing some or all of the verses.

Silence

Commit to taking time throughout the day or week to have some uninterrupted quiet time. Turn off the TV, pause the music, leave your phone in another room, get by yourself, don’t feel the need to say or ask anything—just sit quietly in silence before God. Listen and be still. Be intentionally quiet.

Pilgrimage & Retreat

This might be best as an activity you plan together as a group. Pick a special place and physically go there: it could be at a local church camp, here at the CFCOG facility, a spiritually significant museum or place of learning, or somewhere in nature. While there, pray together, remember what makes that place special, make new memories, and maybe even offer to serve or clean up while you are there.

Chapel Spaces

Create a special place in your own home devoted to prayer. Maybe it’s a corner in your room, a closet, that little space under the stairs, part of your basement or attic, or somewhere outside. Hang some special artwork, add a little lamp, a Bible, a journal & art supplies. Share photos with your tribe.

Get Creative!

Brainstorm other prayer ideas, look up ideas online, share things you’ve tried in the past, etc.