

How to Pray for an Hour?!

Ask God to help you and lead you by His Spirit. Invite His Presence with you right now. Know that He inhabits our prayers and praises.

Praise/Worship- listen to a favourite worship song or two, pay special attention to any lyrics that stand out to you. Maybe write down the lines you particularly notice and think why you like them. Talk to God about them. (Find links on church website for some worship songs). Try moving about to music, use your body to express your feelings. Dance, Jump, raise your arms, sit still, however you feel led – no-one's watching! Or perhaps..

Read a Psalm of praise – try Psalm 138, Psalm 145, Psalm 46 Try reading it out-loud and making it personal. Again choose a line that speaks to you and spend time pondering it, talk to God about it. Write it out, perhaps decorate it, create a picture to stick up to remind you of the verse. Try writing your own praise prayer/song/ or add a verse to a song.

Read through the list of different **Names of God** - mark any that are new or jump out at you. Read the scripture with them and reflect on what that name might mean to you – God as your healer. Your refuge, Your shield...

Personal Reflection-Think about the start to this year- How are you feeling? Tell God. What might He be saying to you in response? (Can check out list of scripture verses linked to feelings on website..) If you feel the need to grieve, **lament** , perhaps read a Psalm of lament such as Psalm 86, Psalm 88- such powerful, desperate prayers ... allow God to speak to you through them. Wait on God and He will meet you in your grief and comfort you. Take comfort in words of Psalm 62:5-12.

Repentance. Anything you need to say sorry for? Perhaps write it down on piece of paper- offer it to God and acknowledge His forgiveness of you and then tear it up into tiny pieces and throw it away, or screw paper up and throw it into the bin, or burn it in a candle (if you can do so safely!)- symbolising our sins are removed far from us.

Recognise His Presence with you now. Perhaps **anoint** yourself with oil as a symbol of the oil of His Holy Spirit resting on you. (Any oil will do- Olive oil, sunflower- just a drop on your hands and forehead). Read Psalm 133 where oil is shown as image of God anointing Aaron.

Do a Body Scan- sit comfortably, perhaps playing worship music- imagine the oil of Holy Spirit flowing down over you. Ask God to touch and heal any areas that need healing, put your hand on those areas and pray His peace, ask Him to anoint different parts of you for His glory-eyes to see others as He does, ears to hear Him, Hands to bless others..etc. Ask God how He may want you to use your body,voice,mind to serve Him/bless others?

Ask Him to cover and protect you, and those you love, as you pray. You may want to read Ephesians 6:10-18 to remind you that we fight a spiritual battle when we pray.

Identity- Go and look in a mirror. How do you feel about person you see? What words do you think of? How do you think God feels about the person you're looking at ie You! Consider some of these things He says about you below, and perhaps write them up on paper and stick them around mirror to help you remember how God sees you. Let His positive words sink in and over-ride any negative words you may have felt. Talk to Him about how this makes you feel. God says:

-You are Beautiful, made in My Image. – You are most wonderfully made. – You are Mine and I love You. -You are created by Me (God) and I have good plans for you. – When you feel weak,then you are strong because of Me. - You are my Child. I am always with you and will never abandon you.