

## 101 PRAYER IDEAS

1. Focus on the relationship, not the requests
2. Pray with the promises of God – see [intouch.org/you/gods-promises](http://intouch.org/you/gods-promises)
3. Pray with open hands
4. Choose a psalm of praise and say it to God in your own words
5. Pray as you walk
6. Listen to all the sounds around you, and be led into prayer
7. Try a different posture – kneel or stand if you usually sit
8. Talk to God about what might be coming between you and him
9. Use an elastic band to help you pray about your stresses
10. Invite the Holy Spirit to come alongside you as you pray
11. Pray with your diary
12. Sing to God
13. Stick a prayer on the fridge door
14. Talk to God about your anger and frustrations
15. Pray naked – reflecting on Psalm 139
16. Use a prayer website, such as [rejesus.co.uk](http://rejesus.co.uk) or [sacredspace.ie](http://sacredspace.ie)
17. Pray with a photo album, giving thanks for people you love
18. Experiment with making the sign of the cross
19. Write to God – a letter, a postcard or a text
20. Begin with thanks and praise – Psalm 100:4
21. Use the words of a hymn as a prayer
22. Pray outside on a starry night
23. Express yourself to God in dance/using your whole body
24. Listen to the car radio news, then switch it off and pray
25. Hold an ice-cube as you pray
26. Meditate on Revelation 4 & 5, and experience something of heaven
27. Pray as you wash, for forgiveness and cleansing
28. Pray the Lord's Prayer very slowly, reflecting on each phrase
29. Try drawing or painting as you pray
30. Make time to pray – regularly and irregularly
31. Light a candle as a focus for your prayer
32. Talk to God about your hopes and fears – Psalm 62:8
33. Put something in your pocket to remind you of a prayer need
34. Use some of the titles of God/Jesus to help you praise him
35. Pray before and after every phone call
36. Use a worship CD to help you pray and praise God
37. Choose a prayer you like and memorise it
38. Pray as you watch the news on TV – and the commercials?
39. Talk to God about your dreams
40. Simply enjoy being loved and held by God
41. Pray with your bank statement, credit cards and wallet/purse
42. As you pray, breathe out your burdens; breathe in God's Spirit
43. Memorise some scripture – perhaps Jesus' 'I am...' sayings
44. Pray through last year's Christmas cards
45. Tell God what you find hard about prayer

46. Take a natural object, examine it carefully, and pray with it
47. Pray in tongues
48. Use a map or an atlas as a way in to prayer
49. Thank God for things you've enjoyed with your five senses
50. Listen to God in silence
51. Pray in a public place
52. Talk to God from your heart, rather than from your head
53. Pray for the people you pass in the street or corridor
54. Write a song or a poem to God
55. Pray with a rosary – or any beads
56. Picture Jesus next to you as you pray, and tell him everything
57. Start a prayer journal
58. Pray about a decision you're facing, large or small
59. Pray in front of a mirror
60. Ask, 'What is Jesus praying for me?'
61. Pray as you wait for the kettle to boil
62. Create an agenda for your prayer time before you start
63. Pray specifically and persistently about a particular issue
64. Imagine yourself in a gospel story as the one encountering Jesus
65. Pray around your house, one room at a time
66. Try fasting as you pray
67. Draw round your foot and pray about the impact you make
68. Talk to God about the high and low points of your day
69. Take off your watch and talk to God about 'your' time
70. Ask God to show you who and what to pray for
71. Pray about your gifts and talents
72. Ask someone else what they find helpful in prayer
73. Enjoy a chocolate or a sweet – and the sweetness of God
74. Pray for someone you find difficult
75. Talk to God about your hands, and the things you use them for
76. Try Lectio Divina – see [lectiodivina.co.uk](http://lectiodivina.co.uk)
77. Think of thirty things to thank God for
78. Pray for the people in the phone book of your mobile
79. Pray with an icon or sacred painting
80. Go on a Quiet Day or retreat
81. Pray for the emergency services when you hear a siren
82. Ask God how you can be part of the answer to your prayers
83. Go and pray by a river or lake, or by the sea
84. Doodle the initials of people you are praying for
85. Give thanks for your food
86. Pray the Jesus Prayer – see [prayerguide.org.uk](http://prayerguide.org.uk)
87. Ask someone what they'd like you to pray for them
88. Invite God into the deepest, most secret parts of your life
89. Ask God if he has a message for you to give to someone else
90. Find a prayer partner and meet regularly to pray for each other
91. Pray as you read the newspaper
92. Imagine yourself at the foot of the Cross
93. Plant some seeds as you entrust your concerns to God
94. Pray in an empty church
95. Find a spiritual director/companion
96. Walk around where you live, praying for all your neighbours
97. Turn to God as soon as you wake up in the morning
98. Pray through the alphabet, for people or places from A to Z
99. Read a book about prayer
100. Learn to 'practise the presence of God' in daily life
101. Let your praying shape all of your life...