
Different Ways to Pray - In Person or Online

Despacho – 4 elements, each one represents a different prayer

- fire = spirit = red petals, passion
- water = emotion = bowl of water, sprinkle onto paper
- earth = physical = stick/shell/rock
- air = mind = feather

Wrap each in the square paper and tie with ribbon or string. Dispose of as you see fit, burn it, take it home, save it till you go the beach, or bury it, etc.

Prayer Flags

cloth cut into rectangles, sit quietly and set intention for flag. When ready, draw or write the words on the prayer flag... tie to something outside

Prayer Mandalas, create, color, etc.

Candles, say a prayer, light a candle

Make sand containers, different colors, different layers, like vertical sand painting

Lectio Divina

Sit quietly, ask what is mine to know? Open the Bible or other sacred scripture and randomly choose something to read. Take it into meditation.

Gratitude Prayers

Meister Eckhart, only prayer I ever say is Thank You, that is enough. So create prayers of gratitude, I give thanks for all that I have and all that I desire come to me, I give thanks for the blessing in the problem and the problem become a blessing, etc. Write it at the top of index card, then write the problem. On reverse side put a hash mark, carry card with you, every time you stop and give thanks for whatever you have written. Check back in a week. Or make a gratitude list.

Prayer Partners

find someone, say a short pray with each other. Then each make a prayer request, the other writes it down. Agree to pray for each other everyday for a week or however long. Visualize the answer to the person's prayer. Check back in partner after a week or however long.

Dancing as prayer, Singing as prayer

Pray on Knees

outward expression of an inward attitude of trust and willingness and being receptive to all that Spirit has for me, being on knees can release us from the pressure of being in control and needing to know the answers.

Practice with prayer beads

Forgiveness

Call to mind anyone you feel separate from, write their names down. Pray affirming that God is loving them through you. See them enveloped in white light, and hold the picture until the feeling changes, til you feel a shift in your body, even if only a little bit.

Hands on healing prayer

Imagination

The first is connected to sacred reading, and simply put is visualizing the situation of a Biblical text with you in it. You might imagine yourself as one of the apostles listening to Jesus' teaching, or as one of the Israelites gathering manna.

Text Prayers

Write your own prayer and text to loved ones. Create WhatsApp group and send it to whole group. Or do #TextForHumanity, <https://www.textforhumanity.com/>