

Allegheny West – Ways to Pray



The most important Person present during our prayer time is our Audience of One, the Triune God who transforms us and whispers to us and causes us to desire time in His Presence. Before leading prayer for our small group or church, I urge each of us to take time on our knees to seek His wisdom, His counsel, His word to us for that moment. More crucial than any other's ideas are His ideas and plans for His people. Below are some ways God has moved me to pray. I hope these ideas are helpful for you and your prayer team.

The Navigators, a non-denominational ministry geared to reach young people around the world offers 7 Ways to Pray. These are Time-Tested Practices for Encountering God. The link for further Spirit-led ideas is at the bottom of this page.

- Praying with the Bible. There are different ways to use your Bible in your prayer time. ... Choose Specific Verses to be read by individuals, and then pray for situations in your church and community pertinent to those verses. I love to pray Ephesians 1: 15-23 for friends and family, inserting in names.

¹⁵ For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God's people, ¹⁶ I have not stopped giving thanks for you, remembering you in my prayers. ¹⁷ I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit¹⁷ of wisdom and revelation, so that you may know him better. ¹⁸ I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, ¹⁹ and his incomparably great power for us who believe. That power is the same as the mighty strength ²⁰ he exerted

when he raised Christ from the dead and seated him at his right hand in the heavenly realms, ²¹ far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. ²² And God placed all things under his feet and appointed him to be head over everything for the church, ²³ which is his body, the fullness of him who fills everything in every way.

- Praying through the Bible. Lectio divina is Latin for sacred reading. ...

The leader can share a particular passage of scripture to read aloud and then which each person takes time to contemplate personally, then shares with a partner, a small group or the entire group what the Holy Spirit has made applicable or important to them.

- Practicing the Presence of God. ...

We have to remember not to just “talk” to God, but to take time to listen. We can always have times of contemplative prayer, increasing minutes as we become more comfortable.

- Hearing God. ...

Let members share how they have “heard from God,” always discerning and balancing what is shared with the Word of God.

- Praying with Lament. ...

We can take time to lament for ourselves, for our community, for our nation. Asking God for forgiveness is so crucial. Remember, He always starts with His people.

2Chronicles 7:14 “If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.”

- Praying Imaginatively. ...

When my husband and I were in China, our Korean brothers and sisters in Christ taught us a different way to pray. Tongsung kido (tong-sung ghee-do) in Korean, is the practice of praying one's own prayers aloud at the same time. I've also heard it called a “concert of prayer” in America. I love to pray in this way because you are not thinking ahead of time what you will pray aloud. Everyone is just quietly lifting their thoughts to the Father aloud, genuinely and with sincere hearts, not worrying about what anyone else is thinking.

Read through a hymn in prayer or just sing a prayer.

- Praying the Examen. “Ignatius, founder of the Jesuit order of priests, practiced a five-step process called the examen: give thanks, ask, review, repent, renew. The regular practice of the examen can free us from the effects of unconfessed sin. With the examen we can also become more sensitive to discerning God's voice and moving forward with Him, as we reject our sinful desires.”

Seven Ways To Pray (Boucher, 2021). The Navigators.
<https://www.navigators.org/resource/7-ways-to-pray/>