

There are many different ways to pray. Below is a compilation of types discussed in Peter Greig's book *How to Pray: A Simple Guide for Normal People*. Spend some time on some or all of the prayer types listed below.

Pause: Quiet your mind and enter a place of stillness before God. Spend a couple minutes breathing deeply. As you inhale, say or pray "God". As you exhale, say or pray "I belong to you".

Adoration: Express gratitude and praise for God's blessings

Intercession: Pray to God about someone else's needs and desires

Contemplation: Silent enjoyment of God's loving presence

Meditation: "Me and God"

Contemplation: "God and me"

For 5 minutes, close your eyes and enjoy God's presence. If distracting thoughts pop in your head, imagine handing them to Jesus or laying them down at His feet and continuing your conversation.

Listening: Tune into hearing God's voice. It will be affirming and encouraging (1 Cor 14:3)

Spend time listening to God. Ask him to bring a verse to mind. Or write in a journal "<Your name>, I want you to know" Ask God to tell you what He wants you to know, and write out the thoughts that come to mind.

Petition: Share your needs and desires with God

Yield: Submit your will to God's will.