**Ideas and ways to pray**

**“And Pray in the Spirit, on all occasions, with all kinds of prayers and requests...”** – (Ephesians 6:18)

Video from 24/7 prayer website on why pray - <https://vimeo.com/40999034>

* Pray with readings from the **Bible** (there are a number of different versions of the Bible, hard copies and apps).
* You could fill your prayer space/area with **creative prayer stations.** Decide a theme, for example the Lord’s Prayer, or praying for family and friends to know and follow Jesus. You could create space for writing, drawing, watching (video running with no sound), play dough/creative activity. You could have music playing softly in the background, you could also have a scented candle burning in the room.
* If you have a **prayer tree** you could dig it out, or draw a tree onto a big piece of paper. Write names of family and friends who don’t yet know Jesus onto small pieces of paper/post its/luggage labels and attach these to the prayer tree and say a prayer for them as you stick them on the tree.
* Create a **prayer wall,** this could be a large black board, big piece of paper, or a piece of fabric or netting and you can write or draw on pieces of paper/post its/ to stick on, with those people you would like to come to know Jesus.
* Use a **rubbish bin** inside your home or find a **bin liner** and invite people to pray Psalm 139: 23-24 “Search me, God and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting”. You could write prayers on the paper where you want to say **sorry to God**, about anything you have done wrong and then throw them in the bin/bin liner as a way of letting go and receiving God’s forgiveness.
* Get hold of a **bowl or water, some soap, washable pens** and a **hand towel(s)** and write the names of people you want to **forgive** on your hands and then when you wash your hands, ask Jesus for help to forgive them.
* There are a range of **Prayer apps** available to download, these include **Lectio 365**, **Church of England Daily Prayer app, Prayer mate**, be sure to check about downloading onto apple and Android devices.
* Use a **dice** and every number on the dice, allocate a person, keep rolling the dice and pray for that person to come to know Jesus.
* Keep a **prayer journal/note pad** of thoughts and reflections as you spend time in prayer, of the conversation between you and God.
* Use a **map of the world, or globe** and pray “Your Kingdom Come, Your Will be Done”, as part of the Lord’s prayer for those countries in the news at the moment. Put a sticker, or piece of string pointing to those countries to highlight them and prayer that more people would come to faith in Jesus in these countries.

There are also some great resources on the Thy Kingdom Come website which can be found by clicking this link <https://www.thykingdomcome.global/prayer-resources> and also on the 24/7 website;

<https://www.24-7prayer.com/coronavirusprayer>.