

Active Prayer

1. What is it?

Active prayer includes communicating with God through activity; journaling, gardening, walking, cycling, jogging or working at routine tasks.

2. What are the benefits?

For many people, the life of the mind, the heart, and the imagination come alive when one's hands or feet are in action.

3. Will active prayer work for you?

If you find yourself working on problems or capable of engaging both your imagination and your mind while doing routine tasks, active prayer may be a vital way to enhance your prayer life.

Though many people find prayer journaling an ideal form of active prayer, there are many other ways to engage in active prayer.

4. How to Begin?

Determine a daily routine activity that does not require you to use a great deal of thought and that includes repetition.

Some fine examples include:

- walking or jogging a familiar route
- completing routine tasks like yard work, vacuuming, doing dishes, folding laundry, etc.
- journaling at a specific time and place as part of a daily routine.
- actively listening to worship music either alone in a quiet place or in a group setting.

Be Intentional

The difference between gardening and prayer, gardening or walking and prayer walking lies in one's intentions. When we prayer walk, we take a daily activity like walking and insert prayer. It is that easy. For many, combining an activity like walking, gardening, or folding laundry with prayer journaling can be an excellent way to pray and then capture prayers on paper- both walking and writing are active ways to connect with God.

Exercise: Prayer Journaling

There are many ways to journal your prayers. The most important thing is that you begin to do it.

Prayer Journals come in all shapes and sizes. One of the best ways is to get a plain spiral notebook and just begin writing your:

- Praises, confessions, thanksgivings, and supplications to God.
- Insights into the scriptures as you study the Word of God.
- Use a personal computer to journal prayers.
- One helpful method for Prayer Journaling is "Stop, Sit and Stay" until you have connected with God. There's no magic amount of time to be able to do this. Some days it's very quick and other days the Lord may want you to slow down and work through an issue, revelation, etc.
- If you're just starting out in prayer journaling, it may take a while to recognize God's voice when He speaks to you. Don't get discouraged, but persevere. You're not just writing for the sake of writing- you're writing because you desire to connect with God. And the longer you do it, the more you'll come to realize that the most important time of the day is the time you spend with the Lord.

Practical Tips on Prayer

- a. Invocation - call upon the name of God. "Dear Lord visit this time." "Come Lord Jesus."
- b. Examine your heart, repent of sin that the Lord reveals to you, and confess them
- c. After asking the Lord to forgive sin, accept the Lord's forgiveness
- d. Give praise and worship to God; perhaps play some worship music
- e. Thank God for answers to prayer and blessings in your life
- f. Lift personal petitions to God
- g. Intercede for others and be specific in what you are asking
- h. Conclude your prayers "in Jesus' name," Amen
- i. Be persistent until you see answers to your prayers or sense your praying is completed.