

Pray Your Way

By Erin Davis Gibbons



In what ways do you pray? When do your prayers seem to bring you closer to God? Practice building your relationship with God through prayer.

For

Young Adults

Season

Spring

Needed

Computer, Internet access, paper, pencil, scissors, hat or cup

Activity Plan

1. Does prayer sometimes make you feel uncomfortable or intimidated? If so, you are not alone. The prayers you hear said out loud are probably said by pastors or other church leaders, or they're prayers you know by heart, such as a table grace and the Lord's Prayer. What is *your* prayer today? Take a moment right now to pray aloud in your own words.
2. Watch [The Skinny on Prayer Video](#) by The Skit Guys.
 - Which type of prayer in the video is most like the way you pray?
 - What did you think of the personal rephrasing of the Lord's Prayer at the end of the video?
 - Which prayer did you like the best? Which did you like the least? Why?
3. Make a list of ways you can pray. For example: kneeling at the side of your bed, standing in the shower, sitting at the table, praying with others in worship at church, reading a prayer from a book or website, standing in line at a coffee shop, holding hands with a group of friends, and so on.
4. Cut your list into separate strips with one way to pray on each strip. Place the strips in a hat or cup. Each day this week, draw a strip and find time during the day to pray in that way.
5. At week's end, consider your experience:
 - Which prayer experience was most meaningful? Which was least meaningful? Which was the most casual?
 - Why do you think it's important to pray?