

Prayer on the Go

By Susan Vogt



Jesus tells us to “Pray always” (Luke 18:1) but families get busy. Routines especially get disrupted during the summer. You may go on vacation, and well, it’s just hard. Check out some new ideas of when and how to pray even when you don’t think you have time.

For

Adult / Couple

Season

Summer

Needed

Nothing, just the intention to try some alternative ways of praying

Prepare in Advance

This part is easy too. Just relax and show up for the ride.

Activity Plan

1. Start with a moment of quiet and bring to mind how Jesus and his disciples spent a lot of time on the road – generally walking. They must have also spent time going to the market and taking care of daily business like washing feet, caring for animals, and eating meals. Jesus and his followers must have talked about many things while moving from place to place. Sometimes he paused to heal or teach a lesson but often he and his friends were on the move. Oh yes, they also spent some time in the temple, but that’s not the only place they prayed.
2. Say this prayer.

Jesus, you know I want to follow you and to follow you means taking the time to talk with you and know your will. Help me to learn how to pray while I’m on the move from place to place, OR while I’m just sitting or standing around waiting. Be with me during these times. Amen.

3. On the Go Prayers
 - If you work outside the home, most likely you need to take some kind of regular transportation to work. This is often repetitive and regular, thus a handy prompt to prayer.
 - In the car: Dedicate the first five minutes of your commute to God. Before you turn on the radio or other distraction, ask God to be with you during the day. Ask God to be with the people in the cars in front and behind you plus the people you see along the side of the road. Each person you pass has joys and worries of their own. Talk to God about whatever’s on your mind. If you happen to get caught in a traffic jam or are impatiently waiting for the light to change, consider this also as a prompt to pray.



- In a bus, subway, or train: This is even easier because you don't have to pay attention to the road. Pray for the people sitting or standing near you and their cares. Read one of the Scriptures for the day or a devotional book. Remember that once you've looked upon your fellow travelers with the eyes of Jesus, your conversation with them can also be prayerful.
 - If you don't work outside the home, surely there are still times that you are in a car, bus, or train. Apply the same principles.
 - Some families like to pray in the car at the beginning of a trip. Talk with your family about whether they'd like to take a few minutes to do this together.
4. Prayers While Waiting
- In the grocery store: recite a memorized prayer, or pray for the people before and after you. Don't forget to pray for the clerk.
 - In the doctor's office, or any other waiting room: pray for the people who are waiting with you, or take along a little prayer book or journal. The time will not be wasted.
 - On hold with customer service or tech support. Aarrgh! If there's background music hopefully it's soothing. Regardless, you might consider this an enforced prayer time. Pray for the people in "call centers" who often are in foreign countries and don't make high wages but still have to listen with utmost courtesy to many complaints a day. Pray that your problem will be solved.

