

WRITING A PRAYER WORKSHOP

“Prayer is being present to the presence of God. Prayer is the gift of ourselves to God in response to the Gifts he has given to us. “John Pritchard

Praying is simply a conversation with God. You are giving voice to the love, joy, concern or petition that you feel in your heart. You might like to thank God for being there for you, ask him for enlightenment or salvation, to praise him.

What is your motivation in writing a prayer? Reflect on the purpose of the prayer. Are you asking God to forgive you, to praise Him, or to thank Him for something? Organize your thoughts, write down the ideas you wish to convey, focus on one idea at a time. Approach with a sincere heart, use visual words that identify God and describe your relationship with Him.

Remember to whom the prayer is directed and the individuals who are being asked to join their thoughts with your words. Make sure the language is accessible, and let your personality mould the prayer that you write.

The exercise of writing a prayer to express your thoughts and feelings can be an uplifting and inspiring experience.

Writing a Prayer as a group:

- 1) Form groups of 6-8 people at one table. Have different prayer ideas written on a piece of paper and placed on the table. Let each group decide which topic or prayer idea they would like to write a prayer for.
- 2) Take a moment to reflect on the topic chosen. Think about what you might want to say to God in the prayer.
- 3) Give each member a piece of blank paper to write one sentence of prayer. The sentence will consist of a message from the heart, based on the topic that was chosen for prayer.
- 4) Arrange the member's messages in any order to form the basis of the prayer. This step can be done many times until the group decides they have the right arrangement for the prayer.
- 5) Some additions can be added if better flow is needed. When the edits are complete, the prayer is finished.

Writing a Prayer

Greeting:

In this first step we need to greet God in a familiar way. Addressing God opens the door into a sacred space. For example: Loving Father, Merciful God, Dear Lord etc.

Reason:

This second step is the reason for praying. It may be a prayer asking for God's help or giving thanks for a particular blessing.

Emotion:

The third step asks us to express how we may be feeling. Give an expression of praise for all that God is. Give belief that God offers the promise of forgiveness as we all share in the sin of humankind.

Action:

The fourth part is the action. We ask God for what we need. Tell Him what is troubling you or share with Him your joy.

Thanks:

The final part deals with thanks. We give thanks for all God's help – past, present and future. Ask for God's mercy and guidance. End the prayer with a simple closing such as Amen, Through Christ Our Lord, and For Your Glory & Praise Amen.

(Adapted from "Prayer Formula" at <https://sites.google.com/a/brightoncps.wa.edu.au>)