

Prayer Template

Use the guide below to shape your prayer time with God each day:

1. **Settle** in to prayer. Become still. Take seven deep breaths. Become aware that you are in the presence of the Father, Son, and Holy Spirit. Spend a minute soaking up their love.
2. **Notice:** *How do I come to prayer today?* What surfaces in your heart, your body, or your mind? Write one sentence naming what you notice.
3. **Consider:** *What do I desire from God in prayer today?* Again, write one sentence putting words to that desire.
4. **Explore** the day's content. Read the Scripture, try the contemplative practice, play with a resource, or do a bit of all three. Move slowly and notice your inner responses to the material. At times, you might find delight or joy. At other times, resistance or unsettledness. All is welcome.
5. **Talk** to God about what surfaced as you explored the content. What lingered? What rankled? Speak to the Trinity freely, as you would to a trusted friend. Allow silence to listen to God's response.
6. **Close** your time of prayer by considering and answering the following questions in one sentence:
 - a. How did I experience God?
 - b. How did God experience me?