

## Suggestions for Prayer

**Find time.** Take at least 10 minutes each day to spend in quiet or in dialogue with your God. Treat it as the most important appointment in the day.

**Find a place.** Somewhere you will not be interrupted.

**Take a posture.** Assume an attentive but relaxed bodily position that will help you feel a harmony of body and mind and spirit.

**Listen to yourself inside.** What's on your mind right now (problems, people, projects)? How are you feeling right now (mood, anxious, joy)? Who and what are significant in your life right now? In particular, where do you feel most helpless and powerless?



**Be aware of God's presence.** Place each anxiety in the hand of God to carry.

**Read a passage from Scripture.** Do it slowly and reflectively. Let it speak to you personally in your present situation. Substitute your name for the names in the text. Let the Word speak to you where you are. Let the Word speak to your heart.

**Choose a word or phrase from the reading.** Make it into a short prayer to repeat during the day. It is a simple way to recall and integrate this moment of prayer with the other moments in the day.

**Journal a little.** Write down your thoughts, feelings and images. Perhaps even put your prayer in writing.