

## Creative Prayer Ideas....

(created by Jackie Thackray & Karen Herrick)



What might help you pray creatively?

The sisters at a convent we know, bring something to Holy Hour to help them to pray. One sister brings a basket filled with tiny books and a rosary. Perhaps, we can consider what has helped us in our prayer baskets over the years? Maybe, there is something in this list that you have not tried, that might help the development of your prayer life...?

This is not an exhaustive list or a prescriptive one.

These things are just small ideas that have enhanced our prayer life and helped at different times of our lives. As such we simply offer them to you for interest....

- books
- children's story books
- films
- bible studies based on films
- quiet days
- having or hosting quiet days in our homes
- prayer walks
- icons
- artwork including Sieger Koder pictures, Methodist collection of artworks
- Bible journaling
- holding crosses
- walking in creation / Forest Church
- lighting a candle
- stitching, or some other craft
- mending or repairing something
- making prayer blankets
- using hobbies to pray.... e.g. fishing, writing, baking....
- object prayers e.g. leaf, pebble, coin, flower...
- gardening
- faithful Christians from history eg Susanna Wesley