

Prayer Styles

The Sunbather

Things That Help:

Space: Shut the world out and go into your inner world.

Focus: Use symbols or pictures that draw you to God

Relationship: Get to know each member of the trinity

Flow: Pray wherever your thoughts take you.

Difficulties you might have:

Being rushed or crowded out.

Starting by praying for other people.

Unresolved emotions, anger or pain.

Lists and details, tasks with a specific goal.



Characteristics:

Prayer for you is restful and primarily about 'being' in God's presence and knowing Him more deeply.

Prayer is reflective, absorbing the goodness of God rather than accomplishing a task.

Ways To Move Forward In Your Prayer Life

1. Read your Bible in a year
2. Set a target - pray for 5 people a day
3. Journal your journey
4. Pray with other people.

A situation that you would identify with:

Mary and Martha
Luke 10:38-42



The Surfer

Things That Help

Freedom: multi-sensory colourful and varied

Out there: Start with a walk or coffee with a friend

Action: Pray while making or doing something

Signposts: Attach prayer to the everyday things and routines in your life.

Characteristics:

Prayer for you is about finding God in the world around you and experiencing His spirit through your senses.

Prayer is creative and engaging through practical tasks or imaginative activities.

Difficulties you might have:

Repetition and tight structures.

Being shut away in silence.

Too many words, too much thinking.

Long times spent on one topic or type of prayer.

Ways To Move Forward In Your Prayer Life

1. Stillness, silence and solitude.
2. Read the Bible and make resolution to act on it.
3. Find a rhythm to praying for others.
4. Pray about world issues.

Something to consider that would appeal to you:

The Transfiguration
Luke 9:28-36



Characteristics:

Prayer for you is people orientated. Its about caring for others and compassionately bringing them before God.

Prayer is productive and is about getting a kingdom job done, making specific requests to God and seeing the answers.

The Ice cream Seller

Things That Help

Specific: use structures, lists, prayer diaries

Informed: Read up on things that need prayer, ask questions.

Partnership: Study the Bible to understand your place in God's work.

Factual: Look for stories of God at work in the now.

Difficulties you might have:

Prayer with no clear aim or leading.

Praying about abstract things or big visions.

Praying for yourself, looking inward.

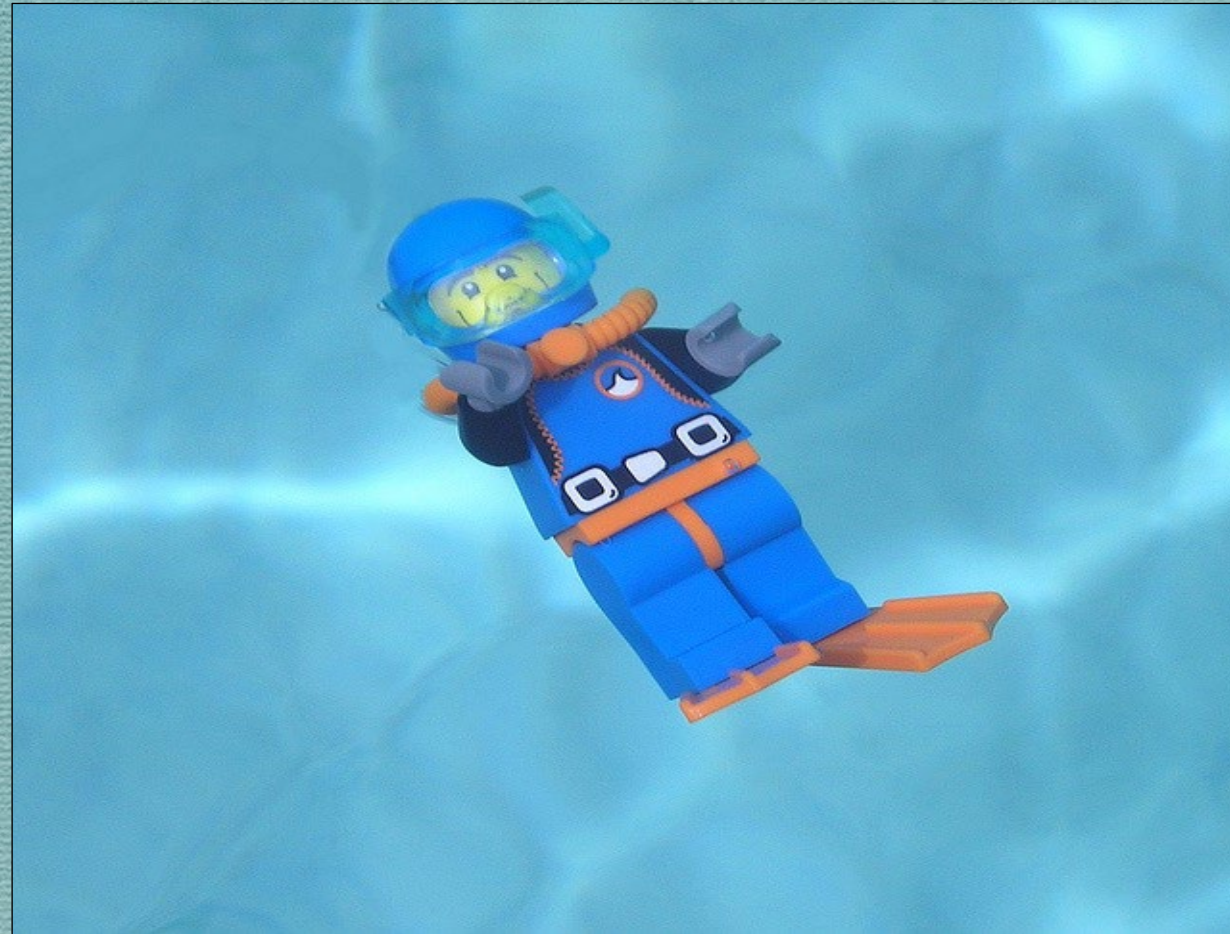
Trying to 'feel' God's presence.

Ways To Move Forward In Your Prayer Life

1. Make space for God to speak back to you.
2. Study a Bible book you usually avoid.
3. Pray with others
4. Pray for yourself.

Someone to consider who is like you:

The friends on the roof
Mark 2:1-5



The Snorkeler

Things That Help

Deconstruct: ruthlessly unpack scripture

Doubt: Allow your questions to surface in your prayer.

Know: Pursue knowledge of what can be known (i.e. God's character)

Discuss: Find thinking friends and voice your thoughts.

Difficulties you might have:

Closed-Ended things such as bible notes

Certainties: Pressure to believe something

Unbelief: Thinking there's nothing you can believe
Keeping your doubts to yourself.

Characteristics:

Prayer for you is about discovery and expanding your knowledge of the things of God.

Prayer is about gaining wisdom and a deeper understanding of God's being and ways.

Ways To Move Forward In Your Prayer Life

1. Ask others to tell you their stories of God.

Pray for 5 people each day.

Go for a prayer walk.

Be still, hand your worries over to God.

Someone to consider who is like you:

Nicodemus

John 3:1-16