



On Entering Into Prayer:

Early Preparation

Before I come to prayer I decide how long I want to commit to this time- 15 mins, half an hour, an hour whatever I feel will suit my lifestyle.

I also take time to read through or think about what I am going carry to prayer-

for instance if I want to pray in the early morning I will read the reading I will want to pray with the night before -

Or if I am going to pray at night in the morning I will quickly look at the prayer material for the evening.

Recognising that prayer is a sacred place

I choose a place that will help me to be at ease with God- a quiet corner in my home, a church, or sitting under a tree in the garden.

It can be very helpful to do something symbolic to mark that I am entering into a time of prayer-

To genuflect, to light a candle, to make the sign of the cross- something that indicates to me in a practical way that I recognise that I am before God.

I will sit down and close my eyes and for the space of two or three minutes focus on my breathing and allow myself to become quiet and attentive to God.

As I am about to pray:

I pause and realise that I am only wanting to come to God because God has been calling me first...

that I am here in response to God I imagine God looking at me lovingly.

As I look back at God I ask what God desires for me in this time of prayer?

What do I deeply desire of God at this time?

Prayer itself-

I sit/ stand/ kneel/ lie down or walk as I pray, whatever is most helpful for me to remain focused on the prayer. (Always remember that there is no right or wrong way to pray- only what works for me!)

Review of the prayer

At the end of the prayer time I change position.

I might stretch or perhaps make a cup of tea or coffee.

Then I spend a little time reflecting on how that time of prayer was for me-

It is very helpful at this point to make a few notes in my journal

I ask myself:

How did I find the prayer?

Was it easy- did it flow, did I feel any strong emotions during it?

Was it difficult, dry, boring, was I easily distracted?

What seemed to be the key thing that God was saying to me in this time of prayer?

Is there anything I want to come back to the next time I pray, part of my ongoing conversation with God?