

# People of A Practice

Week 2



Recall your first teachings about prayer: where, by whom, how, what it meant, etc. Is your understanding or practice of prayer the same or different today?

Recall a truly meaningful conversation you've had. How much did you speak? How much did you listen? What was the role of silence?

What way do you feel you best express yourself personally in communicating and connecting with someone you love? Words, touch, actions...? Could this be a way you might try to communicate and connect God?

Recall a time when you were sitting in uncomfortable silence with someone. Now recall a time you were in *comfortable* silence. What was the difference? Why? How does this apply to being silent with God?

What ways have you found to focus, still, or quiet your thoughts and mind?

*“Practices are not things you do when you’re good at something: practice is what you do to **become** good at something.”*

Dianna Butler Bass

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There are **countless** resources available on prayer and meditation! One size does not fit all! Here are just a handful of resources as places to start in growing your own practice of prayer:

- Read the psalms in the Bible; they cover the full spectrum of human emotion, experience and prayer. Pick up a “Guide to Reading the Psalms in One Month” as a practice of both prayer and spiritual reading.
- Read about different ways of praying and read the prayers of others. These are a few good books:

*A Book of Uncommon Prayer: 100 Celebrations of the Miracle & Muddle of the Ordinary* by Brian Doyle (Sorin Books, 2014)

*The Contemplative Heart* by James Finley (Sorin Books, 2000)

*Open Mind, Open Heart: The Contemplative Dimension of the Gospel* by Thomas Keating (Continuum, 2003)

*Help, Thanks, Wow: The Three Essential Prayers* by Anne Lamott (Riverhead Books, 2012)

*Life Prayers from Around the World* edited by Elizabeth Roberts & Elias Amidon (HarperSanFrancisco, 1996)

*Praying with Body and Soul: A Way to Intimacy with God* by Jane Vennard (Augsburg, 1998)

- Create a “God Box.” Write your prayer on a slip of paper and place it in a container dedicated for prayer. It is the practice of naming and physically releasing your heartfelt prayers into God’s care. See “[anxietyunravelled.com/God-Box](http://anxietyunravelled.com/God-Box)” or numerous other internet resources on “God Box.”
- Find a body movement which focuses your attention and quiets your mind: prayer beads/rosary; yoga; breath prayer; or mindful walking, like a labyrinth (see “[labryrinthlocator.com](http://labryrinthlocator.com)” for a listing of some local labyrinths.)
- Download and use a prayer app on your phone! Apps like Echo, InstaPray, PrayerMate and others can be helpful. And while you’re at it, check out MySpiritTools for even more practices!

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