



Growing Disciples Starts With *Prayer*

Prayer is the way a disciple enjoys an intimate relationship with God. Prayer can be private or public, ritualized or conversational, silent or out loud, spoken or sung, words or action, simple or profound. Through prayer God's will is discerned, and greater clarity is gained for our journey. Prayer is powerful. God's creative, redeeming, and healing power is often directed through prayer.

There is no one way to pray; each of us will find a different way to pray that centers us on being open to how God is being revealed through prayer. Prayer is adoration, confession, thanksgiving, and supplication. Sometimes prayer invites us to move our body or to think of something or someone specific. Often times we find ourselves in moments of prayer without any words.

What is your favorite way to pray?



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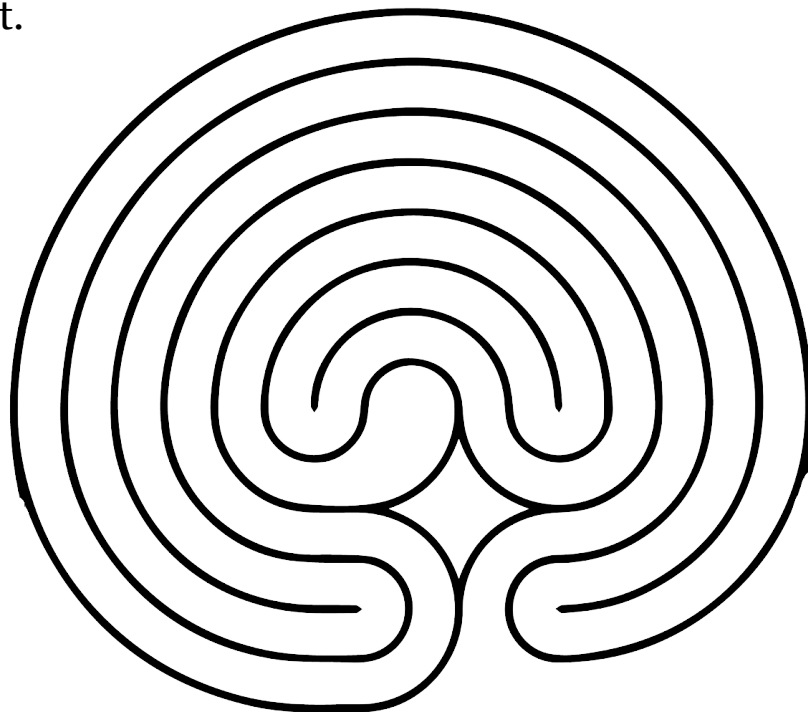
What is your favorite way to pray?



Throughout our Growing Disciples year, you are invited to find what types of prayer fill your soul. Maybe it is writing intercessory prayers for your congregation to use. Maybe it is through writing poetry or playing music.

Exploring ancient and new prayer practices is a great way of growing in your faith life and centering on who God is calling us to be.

Feel free to use the finger labyrinth below in your daily prayer practice. Use your finger to trace along the groves as you open yourself to the prayers on your heart.



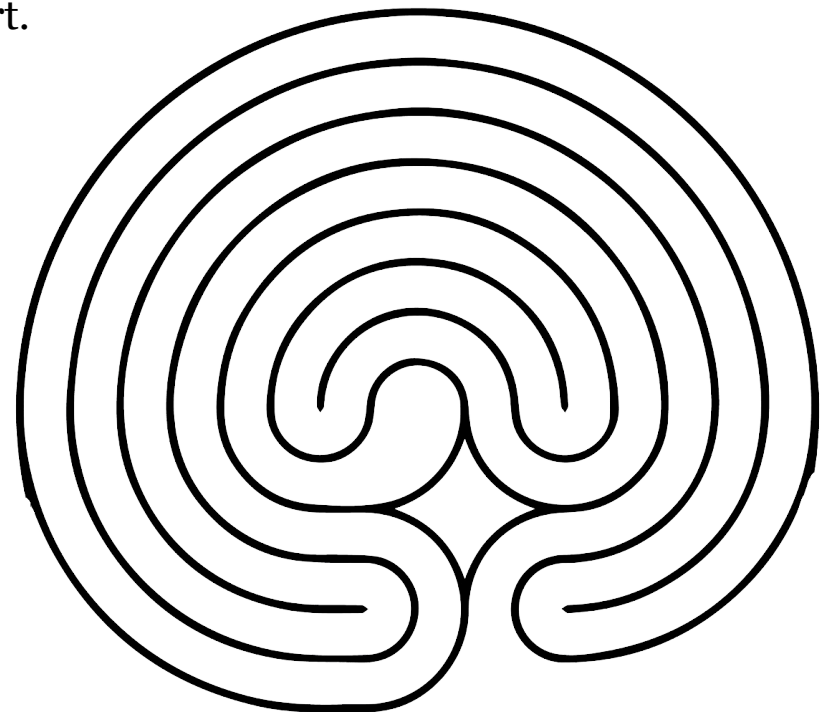
For more resources on prayer, visit www.nisynod.org/prayer



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