

The Importance of Prayer Class Prayer Techniques

Breath Prayer

A form of contemplative prayer linked to the rhythms of breathing:

1. Breathe in, calling on a biblical name or image of God
2. Breathe out a simple God-given desire

“Be joyful always, pray continually; give thanks in all circumstances, for this is God’s will for you in Christ Jesus.” (1 Thessalonians 5:16-18)

Centering Prayer

A form of contemplative prayer where the pray-er seeks to quiet scattered thoughts and desires in the still center of Christ’s presence.

- Accomplished by resting in and gazing upon Christ.

“For in him we live and move and have our being.” (Acts 17:28)

“If anyone loves me, he will obey my teaching. My Father will love him and we will come to him and make our home with him.” (John 14:23)

Contemplative Prayer

A receptive posture of openness toward God. It is a way of waiting with a heart awake to God’s presence and his Word.

- A practicing of the presence of God.

“Meanwhile, the moment we get tired in the waiting, God’s Spirit is right alongside helping us along. If we don’t know how or what to pray, it doesn’t matter. He does our praying in and for us, making prayer out of our wordless sighs, our aching groans. He knows us far better than we know ourselves, knows our pregnant condition, and keeps us present before God.” (Romans 8:26-27 The Message)