Creative ways to pray
Prayer is God’s initiative. It is a gift that invites us to engage with our creator God, to spend time listening to, walking with, waiting for and talking to Him.

Creative prayer activities can help us at those times when praying feels too difficult — when we are struggling to focus, or when we simply can’t find the words.

Our prayer is that these ideas will help make praying easier for people of all ages and will assist anyone wanting to engage with God in an imaginative, alternative way.

24-hour prayers
For the first time, this global week of prayer aims to cover the whole of the opening day, Sunday 3 November, in prayer. Individuals or groups can sign up online to cover 30 or 60-minute slots for a 24-hour period. All we’d like to know is your name and the country you’re in.

Sign up by visiting www.maf-uk.org/24hourprayers

During your slot, you or your group could focus on one of the pages in the enclosed Prayer Diary. Consider the needs of one or more countries, read some of the Scripture suggestions, and listen to some of the suggested songs.

Why not do a labyrinth prayer, as described on the opposite page?

Egg timer prayer challenge
In a group or on your own, set an egg timer for a few minutes and pick one individual for whom you can pray.

Focus on prayers of blessing over that person until the egg timer goes off. Depending on how much time you have, repeat the process for another individual.
Labyrinth prayers

Labyrinths have only one path, which always leads to the centre — unlike mazes that are designed to get you lost — and they make a great aid for your prayer times.

For this activity, you could walk around a real hedge or grass labyrinth. Alternatively, trace your finger around the paper labyrinth by photocopying the template in this Week of Prayer pack or downloading extra copies from our website at [www.maf-uk.org/weekofprayerresources](http://www.maf-uk.org/weekofprayerresources)

Take time before you begin the labyrinth to be still — breathe slowly and deeply. Read and reflect on a line or two from Scripture and ponder those words in the labyrinth.

Slowly walk or trace the labyrinth path with a finger. Just let your thoughts come to the surface and flow. Remember that Jesus is with you every step of the way — you are never alone. You are always loved by God.

When you reach the centre, consider your thoughts. Stay in the centre for a while and spend some time in prayer and reflection, receiving God’s love and blessing. When you are ready, return along the same path. Return gratefully and pray the Lord’s Prayer.
Prayer jar
Making a ‘prayer jar’ is simple craft activity, which can be done with people of all ages. Find a clean jam jar and add a nice label and decorations to make it special. Place it somewhere accessible, alongside pens and paper.

Encourage every family member to drop prayer requests into the jar throughout the week (these can be for themselves, for friends and family, or for the world). Sit down once a week and read and pray through all the notes in the jar. Make notes when God answers any of the prayers.

Rubbish bin prayers
In a small group, sit in a circle with a rubbish bin in the centre. Give each person a pen and paper.

Ask them to write down their sins on the paper, pray for forgiveness, then place the paper in the bin to show how they are now forgotten in God’s eyes and your slate is wiped clean.

Then encourage your group to sit quietly and ponder the following verses: Ephesians 4:31-32, Colossians 3:13, Psalm 139:23-24 and Romans 5:8.

Short and sweet prayers
Looking for a way to engage people who can get easily distracted while praying? Short and sweet prayers might be for you!

Suck a boiled sweet and pray until it has gone.