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**Being Church – Appendix B - Prayer life**

*“Do not worry. But in everything by prayer and supplication with thanksgiving let your requests be made known to God.”*  Philippians 4:6 NRSV

Prayer could be described as the ‘heartbeat’ or ‘breath of the life’ of faith. It is the foundation of our relationship with God and his creation. It helps us share with God and others our praise, Joy and concerns. It also enables us to ask God and ourselves how we might be (at least in part) involved in the answers to the intercessory prayers we offer.

This resource is designed to aid you in exploring your prayer life and give you some ideas and tools you may wish to use in developing it. Some of the suggestions below may already be a part of your church or individual prayer life, others you may wish to find out more about or experience.

1. How is prayer a natural habit of your church life not

on a Sunday during a week monthly

1. Are prayer resources available for individuals or families to use during the week?
2. Is there a prayer space and/or prayer resources available for those who use or pass your premises?

For example: A dedicated discreet quiet area/garden with suggested prayer leaflet or blank prayer cards, prayer request cards, ribbons , prayer station etc.

1. Is prayer walking a part of your prayer life? Are there leaflets with suggested prayer routes available for those who would like to prayer walk through your community?
2. Are the church family encouraged in formal worship or at other times to pray for:

Each other, people/groups who use the church premises, the work of the church, the community, businesses, local groups/clubs/organisations, local government/politicians, voluntary and charities and those who need them, those in the local news?

1. Does the church have a prayer chain, prayer partnership scheme, days/periods for prayer and fasting?
2. Are there prayer meetings during a month at times when people with different needs/time commitments can attend?
3. Are there opportunities to explore, discover and develop other prayer practices? For example

Use of a labyrinth, meditative prayer times, the Jesus prayer, arrow prayers,

1. Are there opportunities to pray with other people of faith such as ecumenical or inter-faith partners in your area?

## Useful Resources:

Holy Habits; Missional Discipleship Resources for Churches: Prayer (BRF)