

Creating A Rhythm of Prayer

Name:

Date:

Date for Review:

COMMUNAL PRAYER

My rhythm for praying with others as part of the Church will be: *Include here weekly public worship and any other ways you will pray communally, for example in a prayer group or family.*

PERSONAL PRAYER

My daily routine for prayer will be: *Include here the times and places when you will pray each day.*

The content of my prayer will be: *Include here the format of prayer you will use, for example praying the Office, praying with scripture using an App or using your own shape of prayer. See below for some ideas.*

TYPES OF PRAYER

Write here how you will incorporate in your prayer life the following types of prayer:

THANKSGIVING (Expressing thanks to God)

CONFESSION (Naming sin before God)

INTERCESSION (Asking God)

SILENCE (Listening to God)

OTHER *Include here anything else you want to put into your Rhythm of Prayer which has not been included above.*

RESOURCES

The following online resources and apps may help you to pray constantly as part of your Rhythm of Prayer:

- Fruitful: The Diocese of Blackburn Discipleship app
- Daily Prayer: The Church of England's Daily Office
- Lectio 365: Prayers and reflection for every day from the 24/7 prayer movement
- Everyday Faith: The Church of England's app to support discipleship
- Time to Pray: Daily order for Prayer during the Day and Compline
- Pray as you Go: Daily prayers in the Ignatian tradition
- Universalis: The daily office and lectionary from the Catholic church