

## Fresh Ideas for a Creative Prayer Life

- **Breath Prayers:** Short prayers offered up to the Lord constantly throughout the day. Anything or anyone around you might spark the topic for these prayers. Let the Holy Spirit continually show you what and how to pray as you go about your day.
- **Prayer Box:** Keep a decorative box where you typically pray at home. Fill it with various prayer lists, quotes, photos, small objects—anything that may help prompt your heart in prayer. As the Lord leads, open it up and ask God to use the items to guide you as you pray. Add to it as you come across new ideas.
- **Prayer Journal:** Keep a record specifically for prayers and the answers God allows you to see.
- **Daily Journal:** Use this journal to freely write thoughts, feelings, ideas, prayers and other things from your head and heart. Don't worry about grammar, content or allowing anyone else to view its contents. Use it to pour your heart out honestly before the Lord.
- **Prayer Corner:** Consider having a chair or a specific place where you can go to pray. Make it a special area you know is designated to go to when you want to spend time with your closest Friend.
- **Devotional Books:** At times, you may wish to use a book specifically written to guide you along in your times with the Lord. Ask the Lord to speak to you as you read the insights given by the author.
- **Song Lyrics:** Songs can often be a wonderful resource to help put words to what your heart feels. Pray through the words of a song that has been meaningful to you. Maybe you'll even want to sing some of it to the Lord.
- **Annual Prayer List:** Once or twice a year, make a specific effort to take several hours away with the Lord. Ask Him to bring to mind themes for your life for the coming six months or year. Make a list of prayers which are currently on your heart and refer back to this list in your prayer times over the coming months.
- **Drawing:** Give the Lord complete freedom to use whatever creativity He desires as you spend time with Him. Pull out some crayons, markers, colorful pens or paint. Don't worry about the finished product—just draw out your thoughts, feelings, scripture and/or prayers. Incorporate tiny creative, “doodles” in your prayer journal to add meaning as you write.
- **All Your Senses:** Let the Lord speak to you through each of your senses. Have your favorite scented candle burning, play some soothing instrumental or praise chorus music, wrap up in a comfy blanket, sip some yummy tea or coffee, or open a book with some of your favorite art pieces pictured. Think of other creative ways to ask the Lord to touch your senses.
- **Day Trip:** Plan a day away for just you and the Lord. Pack a lunch, a good devotional, your journal and Bible, and head for a special destination near the lake or in a park. Soak in all the Lord has for you in this new venue. Let God use your surroundings to lead you in your prayers to Him.
- **Checkbook/Drytiner:** We all know how important our checkbook and drytiners are. Just think of how you feel if you misplace them. They also reveal to us what we hold dear to in life. During your time with the Lord, open them up and pray about what you see. Ask the Lord to help you prioritize your time and money. Pray about upcoming appointments and events. Dedicate your resources to Him.
- **Scripture:** This may be especially helpful when you find it difficult to focus or don't know what to pray for. Open up to a passage of scripture. (The Psalms are often a good place to start.) Verse-by-verse, read the passage and use it as a guide to lead you in praying for things in your own life or the lives of those around you. The great thing about praying through scripture is that you know God's Word is always His will.
- **Unified Prayer:** Scripture is clear about the great power there is in praying together as a group. Look for ways to bring people together for this purpose as the Lord leads. Think creatively by bringing some of the above aspects of prayer into your prayer group.

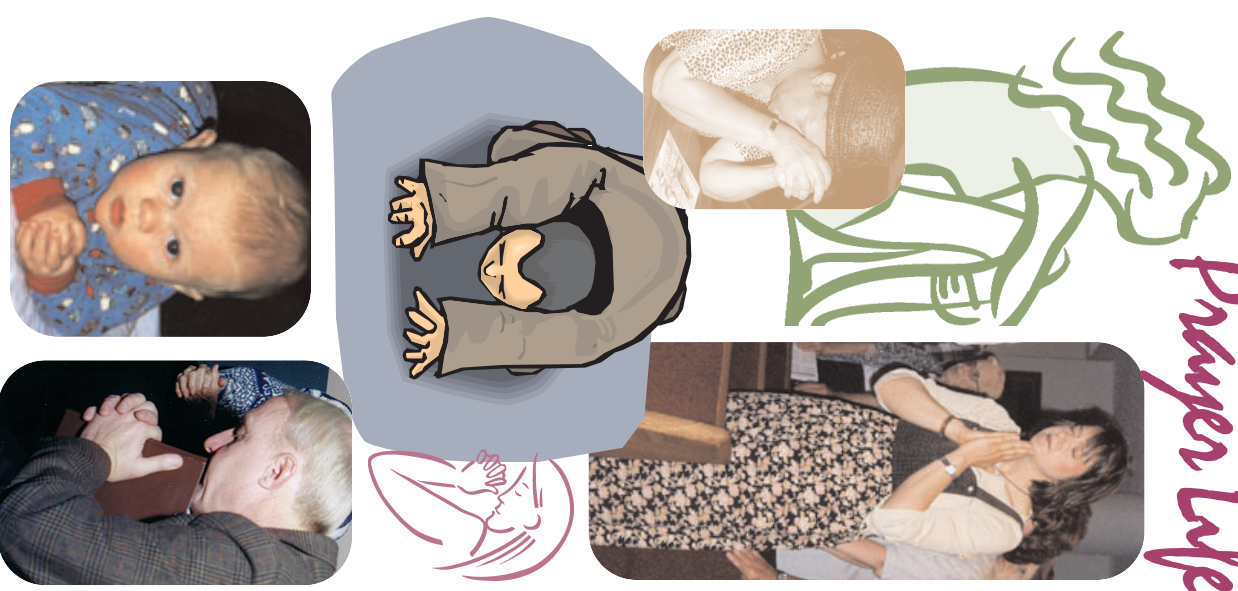
## Scripture continued...

- “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”  
—Philippians 4:6-7
- “Devote yourselves to prayer with an alert mind and a thankful heart.” —Colossians 4:2
- “Always be joyful. Keep on praying. No matter what happens, always be thankful, for this is God's will for you who belong to Christ Jesus.”  
—1 Thessalonians 5:16
- “So humble yourselves under the mighty power of God, and in His good time He will honor you. Give all your worries and cares to God, for He cares about what happens to you.” —1 Peter 5:6-7

## Books for a Creative Prayer Life

- “The Creative Call,” Janice Elsheimer; Shaw ©2001
- “Enjoying the Presence of God,” Jan Johnson; Navpress ©1996
- “Forever Rained for the Ordinary,” Joy Dawson; Thomas Nelson ©2001
- “Fresh-Brewed Life,” Nicole Johnson; Thomas Nelson ©2001
- “Fresh Faith,” Jim Cymbala; Zondervan ©1999
- “Fresh Power,” Jim Cymbala; Zondervan ©2001
- “A Hunger for God,” John Piper; Crossway Books ©1997
- “The Power of a Praying Wife,” Stormie Omartian; Harvest House Publishers ©1997
- “The Power of a Praying Husband,” Stormie Omartian; Harvest House Publishers ©2001
- “The Power of Praying Together,” Stormie Omartian; Harvest House Publishers ©2003
- “Praying God's Word,” Beth Moore; Broadman & Holman Publishers ©2000
- “Deepening Your Conversation with God,” Ben Patterson; Bethany House ©2001

## ...a Creative Prayer Life



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**Fresh**

**Satisfying**

**Penetrating**

**ADVENTUROUS!**

Do these words describe your life with the Lord?

The Lord never intended your prayer life to be dull, passive and stale! Like any worthwhile relationship, your relationship with Him needs intermittent times dedicated to restoration and rejuvenation. Ask the Lord to lead you as you seek to bring a fresh perspective to your times with Him. Some of the ideas and thoughts in this brochure may be helpful tools in that process.

For more information on growing in your relationship with God, contact CEFCC Spiritual Life & Growth Ministries at 763-536-3226.

**"Devote yourselves to prayer with an alert mind and a thankful heart."**

—Colossians 4:2

**"Pray in the Spirit on all occasions with all kinds of prayers and requests..."** —Ephesians 6:18

**"Be still and know that I am God."**

—Psalm 46:10

## Reflections on a Creative Prayer Life

"An awareness of God can flow through our day the way blood circulates through the body; replenishing it with nutrients and oxygen." —Jan Johnson, "Practicing the Presence of God"

"What a relief to grow into a relationship with God where we don't have to go on and on explaining everything. We can rest in the confidence that God already knows and understands." —Jan Johnson, "Practicing the Presence of God"

"Prayer does not equip us for greater works—prayer is the greater work." —Oswald Chambers

"The day doesn't sail by smoothly, but that's not the point. I don't keep company with God to guarantee myself a happy life. I do it because I need God, because I want to know Christ and the power of His resurrection." —Jan Johnson, "Practicing the Presence of God"

"Nothing that we do is too ordinary or too boring for God. He delights in us not because we are entertaining, but because we are His." —Jan Johnson, "Practicing the Presence of God"

"To abide in God's presence means that we don't have to dress up our feelings. If we believe God is grand enough to love our flawed self, we can speak the truth to Him about what we feel—anger at others, disappointment with ourselves, resentment toward Him, the Creator." —Jan Johnson, "Practicing the Presence of God"

"If we're to develop a familiar friendship with God, we cannot separate ourselves from Him during pain or temptation. The lifetime process of transformation involves God purging us of our tendency to push Him away and His wooing us into union with Him and His loving will for the world." —Jan Johnson, "Practicing the Presence of God"

"When God sends His inspiration, it comes to us with such miraculous power that we are able to 'rise from the dead' and do the impossible. The remarkable thing about spiritual initiative is that the life and power comes after we 'get up and get going.' God does not give us overcoming life—He gives us life as we overcome." —Oswald Chambers

"We are half-hearted creatures, fooling about with drink and sex and ambition. When infinite joy is offered us, we are like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased." —C.S. Lewis

"Journaling helps clear your mind of clutter and see patterns in your life more objectively. It also lets you see God's faithful hand unravel life's challenges." —Terry Williams

"We have to know someone before we can truly love them. In order to know God, we must think about Him often. And once we get to know Him, we will think about Him even more often, because where our treasure is, there also is our heart." —Brother Lawrence

"Prayer is not asking. Prayer is putting oneself in the hands of God, at His disposition, and listening to His voice in the depths of our hearts." —Mother Theresa

"Prayer is not a convenient device for imposing our will upon God, or for bending His will to ours, but the prescribed way of subordinating our will to His. It is by prayer that we seek God's will, embrace it and align ourselves with it. Every true prayer is a variation on the theme, 'Your will be done.' Our Master taught us to say this in the pattern prayer He gave us, and added the supreme example of it in Gethsemane." —John Stott, "Letters of John"

"Rising early is a kind of fast. And coming to pray when it is hard to get there is another kind of fast. When we make such choices we make war on the deceitfulness of our desires and declare the preciousness of prayer and the all-surpassing worth of God." —John Piper, "A Hunger for God"

"Modern people lack silence. They no longer lead their own lives; they are dragged along by events. It is a race against the clock...If your life is chock-full already, there won't be room for anything else. Even God can't get anything else in. So, it becomes essential to cut something out." —Paul Touminier, "Outward Disciplines"

## Scripture for a Creative Prayer Life

"Pray in the Spirit on all occasions with all kinds of prayers and requests." —Ephesians 6:18

"I will give you the treasures of darkness, riches stored in secret places, so that you may know that I am the Lord, the God of Israel, who summons you by name." —Isaiah 45:3

"May the words of my mouth and the meditations of my heart be pleasing in your sight, O Lord, my Rock and my Redeemer." —Psalm 19:14

"You have made known to me the path of life; You will fill me with joy in your presence, with eternal pleasures at your right hand." —Psalm 16:11

"O Lord, You have searched me and you know me. You know when I sit and when I rise; you perceive my thoughts from afar." —Psalm 139:1-2

"I remember the days of long ago; I meditate on all your works and consider what your hands have done." —Psalm 143:5

"Be still before the Lord and wait patiently for Him." —Psalm 37:7

"... He leads me beside quiet waters. He restores my soul." —Psalm 23:2-3

"Cast your cares on the Lord and He will sustain you; He will never let the righteous fall." —Psalm 55:22

"As the deer pants for streams of water, so I long for you, O God." —Psalm 42:1

"Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer. That I may obey you in thought, word and deed." —Psalm 19:14

"Praying always with all prayer and supplication in the Spirit, and watching therewith all perseverance and supplication for all saints; that holy prayers may proceed from the Holy Spirit." —Ephesians 6:18

*Scripture continued...*