

Creative Prayer Practices

FISH PRAYER SQUARES

<https://goodgodideas.wordpress.com/2023/06/09/fish-prayer-squares/>

In Intergenerational Worship, we used them like a prayer labyrinth. As we traced the spiral pattern of the fish inward (and breathed in), we offered thanks to God for the ways that God has been generous to us. As we traced the spiral back out (and breathed out), we talked with God about ways we want to be generous to God and others. We repeated this exercise for 3-7 breaths, or until everyone in the group seems ready to say Amen.

LORD'S PRAYER STATION #6: FORGIVENESS

<https://goodgodideas.wordpress.com/2019/04/10/lords-prayer-station-6-forgiveness/>

Prayer Experience: Dissolving Our Sins

Fifth Petition: Forgive us our trespasses, as we forgive those who trespass against us.

What is this or what does this mean?

We ask in this prayer that our heavenly Father would not regard our sins nor deny these petitions on their account, for we are worthy of nothing for which we ask, nor have we earned it. Instead we ask that God would give us all things by grace, for we sin daily and deserve only punishment. So, on the other hand, we, too, truly want to forgive heartily and to do good gladly to those who sin against us. –Luther's Small Catechism

In the fifth petition of the Lord's Prayer, we ask both for forgiveness of our sins, and for the ability to forgive others. Tonight, you will receive a small slip of dissolving paper and a writing utensil. On one side of the paper, write a few words to remind you of a sin that you need to have forgiven by God. On the other side, write a few words to remind you of a sin by someone else that you are still holding on to. Offer these sins as prayers to God for forgiveness.

On the way out of church tonight, you will be invited to the front of the church, where you will find two students with bowls of warm water and stirring utensils. Drop your slip of paper into the water, stir until it dissolves, and hear the words "You are forgiven." Exit by the side aisle. If you are unable to come to the front, a student will come to you.

You can buy dissolving paper here: SmartSolve Water-Soluble Dissolving Paper

<https://www.amazon.com/gp/product/B01B3TH1YO>

It works best with pencil, warm water, and something to stir the water up.

VISIO DIVINA: PENTECOST SUNDAY 2021

<https://goodgodideas.wordpress.com/2021/05/20/visio-divina-pentecost-sunday-2021/>

Pentecost, visio divina

Visio Divina is the practice of looking at an image in prayer and meditation. These images are chosen based on the readings from the Revised Common Lectionary for Sunday mornings. To engage in this practice online, press play on the Soundcloud player, and then click the image to enlarge it. May God bless your time spent intentionally looking for the presence of God.

COME, BRING YOUR BURDENS TO GOD

All Creation Sings #1009

Teach this song to your people by ear/by heart. You can include motions, if you like. (We rocked our burdens like a heavy child, and they raised our arms to God. On "Jesus will never say no," we motioned "no" two times). Once everyone is familiar and singing with confidence, ask for people to say they burdens that they want to share with God aloud. After each burden, everyone sings the song once. When there are no more burdens to share, join in an "Amen."

LEGO PRAYER

https://www.youtube.com/watch?v=vIk-Bk_v-VQ

Rev. Breen Marie Sipes with Deep Roots Confirmation and Good God Ideas introduces the Creative Prayer Practice of Lego Prayer with Confession & Forgiveness.

Find more ways to pray with Legos here: <http://flamecreativekids.blogspot.com...>

You will need: Candle 3 Legos, Duplos, or other snap-together building blocks

How to practice this prayer: 1. Light a candle. Focus and prepare, "Create in me a clean heart, O God, and renew a right Spirit within me" (Psalm 51:10) 2. Stack your bricks on top of one another. Take the brick off the bottom of the stack. Pray a confession to God. Connect the brick to the top of the stack. 3. Take the next brick off the bottom of your stack. Speak words of forgiveness to yourself, as if from God, "You are completely forgiven." Connect the brick to the top of the stack. 4. Continue with this pattern of confession and forgiveness until you have prayed as many confessions as you have bumps on the top of your bricks. 5. Hold the bricks in your hand, thanking God for this time of prayer. Conclude with "Amen."

PRAYING IN COLOR

<https://prayingincolor.com/ways-to-pray-in-color>

ZENTANGLE

<https://www.dianeharpsterart.com/zentangle-classes>

CRESCENDO PRAYER

from Heart Ignite by Lyle Griner and Diane Monroe

