

Types of prayer

This list is not exhaustive but gives a few ideas of things you might like to try during a service:

Adoration

Praising the greatness of God, and acknowledging our dependence on Him in all things.

Confession

Acknowledging that we do not meet God's standards and asking Him to forgive us

Thanksgiving

Thanking God for all He has given us and done for us

Supplication

Asking for something for yourself

Intercession

Asking for something on someone's behalf

Praying the Bible

Beginning prayers by reading from the Bible, meditating on the verse(s) or using them as a prayer

Meditative/contemplative

Resting in God's presence, often in silence, and thinking about Him or His word

Formal

Reading a prayer someone else has written – e.g. the Lord's prayer, liturgical prayers

Silence

Allowing time for others to pray silently or out loud

The list below are extra ideas you may like to try outside of services:

Conversational

Speaking to God as if He is another person, talking about things as you would do with a good friend

Spontaneous

Arising out of what is happening at the time – some examples could be ‘Help!’ in a difficult situation or ‘Thank you’ when God answers prayer

Prayer walking

Praying for a neighbourhood as you walk through it
OR Praying as you walk along and looking at God’s creation around you

Journal

Writing down what you pray for and then looking back to see how God has answered prayers

Pray over calendar/schedule

Asking God to help you with all you have coming up

Pray over news

Praying for those involved – e.g. perpetrators and victims of crime, soldiers at war, members of the emergency services

Prayer partner/triplet

Meeting with others to share and pray together

Creative

Spending time with God painting, writing a song or rap, or whatever you like to do, inviting Him to be there with you