

Summer Prayer : A few ideas...

Daily

- Take a mug of tea/coffee/juice/water into the garden or to an open window, spend some time noticing beauty outdoors, and turning your thoughts into praise and thanks to God.
- Spend a few minutes journalling your thankfulness for anything good that has been in your day.
- Keep a journal/ record of your prayers for others, so that you can track the answers as they come.
- Pray the Lord's prayer each day.
- Review your day with God at the end of the day. What has been good? What has been hard? Where has God been in your day?

Weekly

- Go on a prayer walk around your neighbourhood, pray for the people who live in the houses, the farmers who farm the fields, the wildlife. The schools, the people in their cars on the way to work or home. The families and the children, the older people and their well-being.
- Visit one of the churches in the benefice and pray there. Silsoe and Flitton open in the daytime each day approx. 9-3pm.
- Do the prayer walk that has been created in the churchyard at Pulloxhill, leaflets at the gates and in the porch will guide you.

Creativity

- Create a prayer cairn in your garden- with stones for the people and situations that you're praying for.
- Make prayer sandcastles on the beach representing your prayers.
- Write your prayers on the sand and watch them wash away. This especially good for confession/forgiveness.
- Draw/colour your prayers, write them, or write a psalm or a letter to God.

Together with others

- Be thoughtful about praying with others at some time in your days/weeks/months
- Join the online prayer meeting for the benefice 8.30am on Wednesdays. Ask Revs Simon/Louise for joining link for this.
- Come to 'Night Prayer' on Wednesday evenings through the holidays, 8pm in each church in turn (details on the website)
- If you might like to join a prayer partnership/triplet/ or small group for prayer do let the ministry team know.
- Online
- Get the prayer app 'Lectio365' or 'Pray as you go' and use them daily.
- Look up Pete Greig's 'Prayer Course' website and find the section of his website called the 'Toolshed' for ideas for prayer