

SUGGESTED FORMAT FOR PRAYER



| PART OF PRAYER | SOME IDEAS |
|--|--|
| <p>Gather: something to take us from our place of everyday life to within ourselves ready for time with our God.</p> | <ul style="list-style-type: none"> • lighting of candle/s on the table or prayer focus • symbols for focus, like we had the other day – logos, school vision statement etc ... • quiet music playing as people come in • Sign of the Cross |
| <p>Focus: scripture reading or some other reflection linked explicitly to Jesus and/or God.</p> | <ul style="list-style-type: none"> • Feel free to Google scripture readings, if you are not familiar with any on the theme you are wanting. I often Google the words “scripture” and the theme and find one that I like. |
| <p>Reflect: meditation on reading, quiet time, think about answers to questions posed by the reading.</p> | <ul style="list-style-type: none"> • I often Google the scripture reading and “reflection” and find an appropriate reflection on the reading and/or some reflective questions, if I can't think of any for myself. • You may ask people to reflect in silence or may have some quiet music playing. • This is the time you give to people to help them to reflect on the scripture and what it is saying the them on the day. |
| <p>Respond: using symbols or verbally, respond to focus—this could be through the use of an activity and/or a prayer.</p> | <ul style="list-style-type: none"> • This response may just be asking people to say a quiet prayer in their own heart or it may be a sharing of vocal prayer or it could be all joining in a prepared prayer. • It could even be something like asking people to write who they are praying for today on a heart shaped paper or asking them tie a ribbon around a branch to represent the person or thing they are praying for. • Remember that prayers can be thanking God, praising God, asking God for forgiveness or asking God for something. |

Sensory checklist – sight smell taste touch sound

Some places to get ideas for prayer from:

- Pray as you Go app – often linked to the readings of the day and linked to music that you can find on YouTube.



- Bread 4 Today app: daily story or reflection with beautiful pictures.



- www.digitalprayer.weebly.com - webpage from CESA with ideas for using technology to pray.
- www.pray-as-you-go.org - same as the app.
- www.pray.com.au - daily online prayer with reflections and scripture.
- www.prayingincolor.com - a lovely site with colouring pages to use with scripture for prayer.
- Spotify app or website – find a lovely station with quiet, reflective music.



- Laudate app – Catholic Church readings of the day.

