

P

R

SPIRITUALLYHUNGRY.COM

*Prayer  
Practices*

EBOOK

A

Y

# HELLO AND THANK YOU SO MUCH FOR PICKING UP OUR FREE PRAYER PRACTICES EBOOK!

## Intro

How many types of prayer do you incorporate into your everyday practice of faith? Do you have a variety of methods for approaching prayer, or do you find the same types of prayer keep occurring over and over in your routine?

### Why Should You Consider Different Types Of Prayer For Your Life?

I'm sure we all know people that we just don't have anything new to discuss when we see them. Maybe it's someone you know from church, who you always have the same conversation with about the weather each Sunday. Or maybe it's a distant relative who tells the same old story about your childhood when you see them. Perhaps it's a co-worker who makes the same bad joke week after week.

Anytime we run out of new things to talk about, relationships grow stagnant and lose the vibrancy that they might have once had. We even find ourselves avoiding having those repetitive conversations with those people, knowing that nothing new or valuable will come from such a discussion.

### So...what does that say about our relationship with God if we're always praying the same exact thing or in the same way?

If God is going to be the most important relationship in your life, don't you need to invest in your communication with Him? In order to grow in your connection, shouldn't you find new ways to express yourself to God with more authenticity, love, and praise?

That's exactly why we want to help introduce you to different types of prayer, some of which may become favorite new ways to develop your relationship with God. We believe that this free ebook can serve as a jumping out point for developing new ways in your life to pray, connect with God, and find a greater level of closeness with God.

**In this ebook, you will find 8 unique prayer practices that will help you connect to God** no matter what your life looks like. We hope these help you in your walk with Jesus.

## ABOUT SPIRITUALLY HUNGRY

Our website exists to help provide you resources to connect to God on a day to day basis, or during special seasons in the year.

We publish monthly and seasonal Challenges designed to help carry you from Monday to Sunday. Why Monday to Sunday? As professional ministers, we understand the impact of weekly Sunday worship. It's a great catalyst experience for our faith.

But what often happens after leaving Sunday worship is our connection and dependency on God begins to fade throughout the week. Before you know it, all the encouragement and growth that happened on Sunday is knocked out by the stress and bustle of the week.

We want to help you deal with this problem because keeping our connection to God alive is everything! That's why we provide everything we do, and that leads us to introductions:

### **About us:**

Our names are Alexis and Aaron Waid and we've been married since 2008. We've since lived all over the United States following our ministry adventures and calling. We've also been best friends since the year 2000 when we met in college.

We both have Master's degrees from Denver Seminary and Aaron has an additional Master's degree in Journalism from Marshall University. We've collectively served professionally in just about every position in the Church from youth minister to worship director to co-pastors.

We are parents to two very young kids, both whom we love dearly and cherish immensely. We also have two babies lost during pregnancy whom we are waiting to meet one day in perfection.

Our youngest child, Lucy, is a true miracle. Despite the astronomical odds, Lucy made it to this world and despite a chromosome disorder, Turner Syndrome, which is incredibly dangerous for babies.

You can read her story here: <https://spirituallyhungry.com/lucys-story-a-turner-syndrome-baby/>  
Our ministry is both in-person and online because we feel a deep call from God to share with the world all the redemption He has brought to our lives.

Despite many dark nights in each of our lives, God broke through and claimed us with His bright, bold light - storm after storm.

Because of this, we cannot be silent for what He has done, and we just want to share with the world the God we know.

And the God we know is the One who brings redemption, love, protection, truth, health, and freedom.

We believe Jesus is the answer to everything and He came to give us life and life to the fullest (John 10:10).

## **Copyright and Sharing**

Re-distributing this ebook violates digital copyright laws. Please share only from the blog post:

<https://spirituallyhungry.com/8-unique-types-of-prayer-free-ebook>  
This is for personal use only. Thank you for respecting our hard work.

# 1. Breath Prayer

A breath prayer is a simple statement you can use throughout the day to help you deal with your thoughts, stresses, and heart matters.  
Breath prayer allows you to focus on the prayer and God, and it's incredibly simple.

To begin, first breathe in air while saying a name or title for God, such as:

• JESUS	• _____
• FATHER	• _____
• SPIRIT	• _____
• CREATOR	• _____
• HEALER	• _____
• REDEEMER	• _____

Then, slowly exhale out your concern or desire, such as:

• "HELP ME"	• _____
• "BE WITH ME"	• _____
• "COMFORT ME"	• _____

For example, you might slowly breathe in the name "Jesus," while thinking about Him and what He has to offer you. Then, you slowly exhale while saying, "Keep me close to You" and truly focusing on releasing your concern into the loving arms of Jesus. Repeat this prayer as many times as needed.

Fill in your own titles for God and your concerns



# 2. Praying Scripture

Memorization of Scripture and meditating on its words can be very helpful in the pursuit of focusing on God. However, the goal is not to simply memorize as many verses as possible. No, in fact, it's entirely possible for a person to memorize the entire Bible and have no relationship with God whatsoever! Rather, the goal in this exercise is to utilize Scripture as a means to connect to God, soothe a grieving heart, and clear a cluttered mind. In this way, Scripture becomes written on our hearts and minds (Deut. 11:18) Here are a few examples of the kind of Scripture you might choose to focus on and use as your prayer:

- PROVERBS 3:5-6 "TRUST IN THE LORD WITH ALL YOUR HEART AND LEAN NOT ON YOUR OWN UNDERSTANDING; IN ALL YOUR WAYS SUBMIT TO HIM, AND HE WILL MAKE YOUR PATHS STRAIGHT."
- PSALM 16:8 "I KEEP MY EYES ALWAYS ON THE LORD. WITH HIM AT MY RIGHT HAND, I WILL NOT BE SHAKEN."
- PSALM 55:22 "CAST YOUR CARES ON THE LORD AND HE WILL SUSTAIN YOU; HE WILL NEVER LET THE RIGHTEOUS BE SHAKEN."

Memorization doesn't necessarily have to be conducted only with Scripture! You can also take a favorite prayer, quote, or a part of a worship song, memorize it, and allow it to fill your mind. Write portions of your passage or verse on a notecard, or in your phone, and use a reminder to have it pop up throughout the day. Also, you can use the Scripture, quote, or song as a prayer, or find a way to incorporate the words into your own spiritual practices.

WRITE YOUR FAVORITE SCRIPTURE TO USE AS A PRAYER:

# 3. Prayer throughout the day

Being in connection with God throughout the day is a wonderful privilege Christians can participate in, but only if they are cognizant of God's presence.

One way to become aware of God surrounding us is to pray throughout the day. In order to accomplish this goal, set an alarm or reminder on your phone for every waking hour (or at least with a regular frequency) to remind you to stop and pray for a moment.

Think about what you would like to bring before God, and let that be the focus in your prayers.

You might focus on the stresses you are facing, or you might simply pray to understand more about God's love for you.

Honestly, you can focus on anything of importance to you - the main point of this exercise is the discipline required to complete it. When that alarm or notification sounds, stop everything and focus on an awareness of God's presence and speak with Him about what's on your heart.

## ACTION PLAN

DATE YOU ARE GOING TO DO THIS \_\_\_\_\_

VIRTUE OR ISSUE YOU ARE GOING TO PRAY ABOUT \_\_\_\_\_

WHAT MEANS ARE YOU GOING TO USE TO REMIND YOURSELF TO PRAY EVERY HOUR \_\_\_\_\_

We understand you may not physically be able to stop everything, but in your inner being, you can. It is a discipline that takes time to master. But in the inner sanctuary of your mind, you can build a place where you and God can meet in the midst of life. Try this for a day (or if you really want a spiritual challenge, maybe even a week) and see what happens when you attend to God in this organized way.

# 4. Unplugging

This practice is about becoming unconnected to the world so you can connect to God.

For a set period of time (i.e. 30 mins, 4 hours, a whole day) try not use technology.

- TURN OFF YOUR CELL PHONE • \_\_\_\_\_
- DON'T USE SOCIAL MEDIA • \_\_\_\_\_
- KEEP THE TV OFF • \_\_\_\_\_
- DON'T LISTEN TO THE RADIO • \_\_\_\_\_

By shutting out the world, you can open yourself to the still quiet voice of God. We are often over stimulated in our fast and noisy world, but God frequently speaks to us in the stillness and quietness of our inner being.

You can learn to tune your ears to His voice by shutting off distractions. What's great about "Unplugging" is that you can do this in the midst of your routines and duties of the day. Like fasting from food, the point is to continue on while abstaining.

It's another way to become open to God's presence among you and a way to respond to Him by saying, "I am listening, I am here. I don't want anything to distract me from hearing you."

Give "Unplugging" a try during your day, maybe for a whole day if you're courageous enough!

## ACTION PLAN

DATE YOU ARE GOING TO DO THIS \_\_\_\_\_  
WHEN YOU UNPLUG HOW DO YOU PLAN TO PLUG INTO GOD INSTEAD \_\_\_\_\_

WHAT DO YOU THINK THE BENEFITS OF A TECHNOLOGY FAST WOULD BE LIKE FOR YOU? \_\_\_\_\_

# 5. Practicing the presence

The whole purpose of this spiritual practice is to help you walk with God no matter what you are doing, from washing dishes at home to sitting through a meeting at work.

And even better...it's super simple!

Practicing The Presence means keeping in mind that God is with you as you go about your day.

For example:

- AS YOU ARE EMBARKING ON YOUR DAILY CHORES: KEEP GOD'S PRESENCE IN THE FOREFRONT OF YOUR MIND.
- AS YOU ARE COMMUTING TO AND FROM WORK OR SCHOOL: KEEP GOD'S PRESENCE IN THE FOREFRONT OF YOUR MIND.
- AS YOU ARE WATCHING YOUR CHILDREN: KEEP GOD'S PRESENCE IN THE FOREFRONT OF YOUR MIND.
- AS YOU ARE MEETING UP WITH YOUR FRIENDS FOR COFFEE: KEEP GOD'S PRESENCE IN THE FOREFRONT OF YOUR MIND.
- AS YOU ARE STUDYING FOR A TEST: KEEP GOD'S PRESENCE IN THE FOREFRONT OF YOUR MIND.
- AS YOU ARE WATCHING TV: KEEP GOD'S PRESENCE IN THE FOREFRONT OF YOUR MIND.
- AS YOU ARE WORKING AT THE OFFICE: KEEP GOD'S PRESENCE IN THE FOREFRONT OF YOUR MIND.

You get the idea! Just keep renewing/refreshing throughout your day the reality that God is with you! Below, fill out places in your own life where you can practice the presence:

---

---

---

Seriously, just give it a shot and see what happens to your mind, heart, and attitude as you try out Practicing The Presence for a while.



# 6. Centering Prayer

This is a prayer practice that requires you to simply focus on making yourself present with God.

## steps:

- BEGIN BY FINDING A COMFORTABLE PLACE AND FOCUSING ON THE AWARENESS OF GOD'S PRESENCE WITH YOU.
- SIMPLY BE WITH GOD AND REST IN HIS LOVE FOR YOU.
- FOCUS ON THE REALITY THAT HIS LOVE IS OVERWHELMING YOU, AND TRY TO ALLOW YOURSELF TO EXPERIENCE IT.
- AS YOU DO, CENTER YOURSELF INTO THIS TRUTH AND AWARENESS. IF YOUR THOUGHTS SHOULD WANDER, SIMPLY RELAX YOUR MIND AND TRY TO CENTER YOURSELF BACK TO THE PRESENCE OF GOD.
- IF YOU HAPPEN TO FALL ASLEEP, DON'T BEAT YOURSELF UP – MAYBE SLEEP IS WHAT YOUR WEARY SOUL NEEDS. JUST LIKE A PARENT WHO LOVES HAVING THEIR CHILD REST SOUNDLY IN THEIR ARMS, REST SOUNDLY IN THE LORD'S.

This practice could be done in a mere minute, so don't try to overextend yourself. Start off slow and intentional understanding your limitations.

Believe me, God will meet you where you are.

# 7. Open Hands

Think about an issue in your life that is bothering you. As you think about the stressor, use your hands to symbolize the frustration, allowing them to ball up into fists. Focus your anxiety to your hands and welcome God into your mind. As you do, slowly release your worries to God and slowly unclench your hands until you have to open palms. This symbolic act is a prayer that helps release our anxiety to God. End the exercise with open hands that symbolize your willingness to trust God with your problems. Repeat this exercise as many times as needed to help align your heart and mind to God.

# Prayer with a friend 8.

Find a trustworthy friend who is committed in their relationship with God, and inquire if they would like to become a prayer partner with you. Meet regularly, either in person, video chat, or phone. Make sure to schedule the times, and from the beginning emphasize the importance of maintaining the scheduled meetings. Adhering to the schedule is part of the discipline.

Choose a meeting frequency that works for each party and commit to each other to pray for each other, both while together and later while apart. This is a great way to build a spiritual friendship and gain insight into how God works in human relationships.