



## Practices and Prayers

### Practice: Reflecting on God's Word

We want to carry the life-shaping words of God in us at all times and in all places.<sup>1</sup> (Consider writing or printing out these Scriptures and putting them somewhere you'll see them regularly.)

- God has shown you what is good.  
And what does the Lord require of you?  
To act justly and to love mercy  
and to walk humbly with your God. Micah 6:8
- “Let me give you a new command: Love one another. In the same way I loved you, you love one another. This is how everyone will recognize that you are my disciples—when they see the love you have for each other.” John 13:34-35
- “Three things will last forever—faith, hope, and love—and the greatest of these is love.” 1 Corinthians 13:13

### Practice: Silence

We are surrounded by loud voices and many competing messages. Silence helps us focus our attention on God and to hear his still, small voice. Set a reminder or find a regular time to practice being silent. (Turn off the news, social media, podcasts, and other noisy voices.)

- Set a timer for 5-10 minutes.
- Pray a simple prayer to remind yourself that God is with you. (“Speak Lord, your servant is listening.”)
- Simply “be still and know that he is God.” (Psalm 46:10)

---

<sup>1</sup> Spiritual Disciplines Handbook, Adele Calhoun

## **Prayers: Borrowed Words**

If you are struggling to find words to pray, use the prayers below as a way to articulate and as inspiration.

God of our lives,  
by the power of your Holy Spirit  
we have been drawn together by one baptism into one faith,  
serving one Lord and Savior.  
Do not let us tear away from one another  
through division or bad argument.  
May your peace embrace our differences,  
preserving us in unity,  
as one body of Jesus Christ, our Lord. Amen.<sup>2</sup>

Our Father in heaven,  
hallowed be your Name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those  
who sin against us.  
Save us from the time of trial,  
and deliver us from evil.  
For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.

O God, you made us in your own image and redeemed us  
through Jesus your Son: Look with compassion on the whole  
human family; take away the arrogance and hatred which  
infect our hearts; break down the walls that separate us;  
unite us in bonds of love; and work through our struggle and  
confusion to accomplish your purposes on earth; that, in  
your good time, all nations and races may serve you in  
harmony around your heavenly throne; through Jesus Christ  
our Lord. Amen.<sup>3</sup>

---

<sup>2</sup> The Worship Sourcebook, Second Edition ©2013 Faith Alive Christian Resources

<sup>3</sup> Book of Common Prayer