**CREATIVE WAYS TO PRAY….**

Art: drawing, watercolor, clay, etc.

Blessings

Blogs

Breath Prayer

Centering Prayer

Contemplation and Meditation

Conversation with God or a Saint

Daily Prayers

Direction Prayers: North, South, East and West

Discernment Prayers

Eucharistic Liturgy

Environment concerns

Examen of Consciousness

Gratitude

Holy Spirit – guidance

Images: candle, crucifix, statue, etc

Imagination and Senses [St. Ignatius]

Guided Imagery

Journey… my path of life

Labyrinth

Lectio Divina [model to pray with scripture, poetry, readings, etc.]

Litanies and Petitions

Liturgical Year [Advent, Lent, Ordinary Time, Christmas, etc.]

Liturgy of the Hours

Novenas

Nature

Our Father [or other traditional prayers]

Peace

Pets: qualities they exhibit/ gratitude, etc.

Poetry

Praise [Adoration]

Psalms

Qualities [For patience, mercy, love, compassion, understanding, justice, etc.]

Reconciliation and forgiveness

Rosary

Scripture – entering into the Word /variety of ways to pray with scripture

Seasons – Winter, Spring, Summer, Fall

Social Justice – issues / “praying the news”

Spontaneous [praying for right now]

Stations of the Cross

Taize Prayer – prayer for peace, music/chants

Transitions [what is about to change or needs to change, next steps in my life, God’s call, etc.]

Trinity – Father, Son, Spirit [Creator, Redeemer, Sanctifier, etc.

YouTubes

 **TYPES OF PRAYERS**

1. **Prayers of the Church:**

 **Ex. Eucharistic Liturgy and Divine Office**

1. **Communal Prayers:**

 **Prayer Services, Wake Services, Taize, Rosary**

1. **Personal Devotions [alone / with others]:**

 **Novenas, Prayers to Saints, etc.**