

prayer exercises

prayer exercises are a vital practice for individuals seeking to deepen their spiritual connection, enhance mindfulness, and cultivate a disciplined approach to faith. These exercises encompass a variety of techniques and methods designed to focus the mind, open the heart, and foster a meaningful dialogue between the individual and the divine. Integrating prayer exercises into daily routines can improve concentration, reduce stress, and provide a sense of peace and purpose. This article explores the different types of prayer exercises, their benefits, and practical steps for incorporating them into everyday life. Whether for personal devotion, spiritual growth, or mental well-being, prayer exercises offer a structured yet flexible way to nurture the soul. The following sections will outline foundational practices, advanced techniques, and tips for effective prayer exercises.

- Understanding Prayer Exercises
- Types of Prayer Exercises
- Benefits of Prayer Exercises
- How to Practice Effective Prayer Exercises
- Common Challenges and Solutions in Prayer Exercises

Understanding Prayer Exercises

Prayer exercises refer to intentional activities or practices aimed at enhancing the experience and effectiveness of prayer. These exercises often involve meditation, reflection, verbal expressions, or physical postures that help individuals focus their attention and deepen their spiritual engagement. Rooted in various religious traditions, prayer exercises serve as tools to facilitate communication with a higher power, foster inner peace, and promote spiritual discipline.

The Purpose of Prayer Exercises

The primary purpose of prayer exercises is to create a dedicated space for spiritual connection and self-awareness. By engaging in these practices, individuals can move beyond routine or distracted prayer to experience a more profound and meaningful interaction with their faith. Prayer exercises also help in cultivating virtues such as patience, gratitude, humility, and compassion.

Historical Context of Prayer Exercises

Throughout history, many spiritual traditions have developed specific prayer exercises to guide practitioners. From the contemplative prayers of Christian mystics to the meditative chants in Eastern religions, these techniques have been refined over centuries. Understanding the historical roots of prayer exercises can enrich one's practice by connecting modern methods with time-tested spiritual

wisdom.

Types of Prayer Exercises

There is a diverse range of prayer exercises suited for different spiritual needs and preferences. These can be categorized by their focus, method, or tradition, offering flexibility in application. Below are some common types of prayer exercises practiced across various faiths.

Contemplative Prayer

Contemplative prayer exercises emphasize silent reflection and meditation. They encourage quieting the mind and opening the heart to divine presence without the use of words. This form of prayer is often practiced in stillness, allowing individuals to experience peace and spiritual insight.

Verbal and Written Prayer

This type includes spoken prayers, recitations, and written prayers or journaling. Verbal prayer exercises help articulate intentions, praises, or requests, while written prayers provide a tangible record of spiritual thoughts and growth over time.

Breath-Focused Prayer Exercises

Breath-focused exercises integrate controlled breathing techniques with prayer. This approach helps synchronize body and mind, enhancing concentration and relaxation during prayer. It can be particularly effective for reducing anxiety and promoting mindfulness.

Physical Posture and Movement

Certain prayer exercises involve specific physical postures such as kneeling, bowing, or standing with hands raised. Additionally, some traditions incorporate movement, such as walking prayers or prostrations, to engage the body fully in the act of prayer.

Guided Prayer and Visualization

Guided prayer exercises use structured prompts or imagery to lead the individual through a prayer experience. Visualization techniques can involve imagining light, sacred spaces, or symbolic representations to deepen spiritual focus and connection.

Benefits of Prayer Exercises

Engaging regularly in prayer exercises offers numerous benefits that extend beyond spiritual growth.

These practices influence mental, emotional, and physical well-being, making them valuable tools for holistic health.

Spiritual Benefits

Prayer exercises enhance spiritual awareness, deepen faith, and strengthen the relationship with the divine. They create a disciplined framework for consistent communication with God or higher powers, fostering a sense of purpose and belonging.

Mental and Emotional Benefits

Consistent prayer exercises reduce stress and anxiety by promoting relaxation and mindfulness. They can improve emotional regulation, increase feelings of gratitude and compassion, and support mental clarity and focus.

Physical Health Benefits

Some prayer exercises involving breath control and physical postures contribute to better respiratory function, improved posture, and overall relaxation. The calming effects of prayer also help lower blood pressure and enhance immune response.

How to Practice Effective Prayer Exercises

Practicing prayer exercises effectively requires intentionality, consistency, and an understanding of suitable methods for individual needs. The following guidelines offer practical steps to maximize the benefits of prayer exercises.

Setting a Dedicated Time and Place

Establishing a specific time and quiet environment for prayer exercises helps create a routine and minimizes distractions. A peaceful setting enhances concentration and fosters a sacred atmosphere conducive to spiritual practice.

Choosing Appropriate Exercises

Select prayer exercises aligned with personal spiritual goals and comfort level. Beginners may start with simple verbal prayers or breath-focused techniques, gradually exploring more advanced practices such as contemplative silence or guided visualization.

Using Structured Formats

Structured prayer formats, such as the Examen, Lectio Divina, or the Prayer of St. Francis, provide a

framework that can guide the prayer experience. These formats encourage reflection, gratitude, confession, and petition in an organized manner.

Incorporating Journaling and Reflection

Keeping a prayer journal helps track spiritual progress, record insights, and articulate prayers more clearly. Reflection on these entries can deepen understanding and reinforce the impact of prayer exercises.

Maintaining Consistency

Regular practice is key to experiencing the full benefits of prayer exercises. Setting reminders, joining prayer groups, or pairing prayer with daily routines can support consistent engagement.

Sample Daily Prayer Exercise Routine

1. Begin with a moment of silence and deep breathing.
2. Recite a verbal prayer or affirmation.
3. Engage in five minutes of contemplative prayer or meditation.
4. Write a short journal entry reflecting on the prayer experience.
5. Close with a gratitude prayer or blessing.

Common Challenges and Solutions in Prayer Exercises

Many individuals encounter obstacles when practicing prayer exercises. Awareness of common challenges and effective solutions can enhance the overall experience and sustain long-term commitment.

Distractions and Wandering Thoughts

Distractions are a frequent challenge during prayer. Techniques such as focused breathing, repeating a prayer word or phrase (mantra), and gently redirecting the mind can help maintain attention and deepen concentration.

Lack of Time or Inconsistency

Busy schedules often interfere with regular prayer practice. Shortening sessions, integrating prayer

into daily activities, or setting specific times can improve consistency and make prayer exercises manageable.

Feeling Spiritually Dry or Unfulfilled

Periods of spiritual dryness are common and can be addressed by varying prayer exercises, seeking community support, or studying spiritual texts to reignite motivation and deepen understanding.

Physical Discomfort

Physical postures may cause discomfort for some practitioners. Modifying positions, using comfortable seating, or focusing on breath and mental prayer can alleviate physical strain while maintaining engagement.

Frequently Asked Questions

What are prayer exercises and how do they benefit mental health?

Prayer exercises are structured practices involving meditation, reflection, and communication with a higher power. They can reduce stress, enhance emotional well-being, and promote mindfulness.

How can beginners start incorporating prayer exercises into their daily routine?

Beginners can start by setting aside a quiet time each day, choosing a comfortable space, focusing on simple prayers or affirmations, and gradually increasing the duration as they become more comfortable.

Are there specific prayer exercises recommended for anxiety relief?

Yes, prayer exercises that combine deep breathing, repetitive affirmations, and contemplative prayer can help alleviate anxiety by promoting relaxation and a sense of peace.

Can prayer exercises be combined with physical activities like yoga or stretching?

Absolutely, integrating prayer exercises with yoga or stretching can enhance both spiritual and physical well-being by fostering mindfulness and bodily awareness during the practice.

What role does gratitude play in prayer exercises?

Gratitude is a central element in many prayer exercises as it shifts focus to positive aspects of life, cultivating contentment, improving mood, and strengthening spiritual connection.

Additional Resources

1. *The Power of Prayer: Daily Exercises for Spiritual Growth*

This book offers a structured approach to deepening your prayer life through daily exercises. It includes guided meditations, reflection prompts, and practical tips to help readers connect more deeply with their faith. Ideal for both beginners and seasoned practitioners, it encourages consistent spiritual practice.

2. *Praying with Purpose: Exercises to Transform Your Prayer Life*

Focused on intentional prayer, this book provides exercises designed to cultivate mindfulness and clarity in communication with the divine. Each chapter explores different prayer techniques, such as gratitude, intercession, and contemplative silence, helping readers find a meaningful rhythm in their spiritual routine.

3. *Journey into Prayer: 40 Days of Reflective Exercises*

Structured as a 40-day devotional, this book guides readers through a series of reflective prayer exercises. It emphasizes personal growth and self-awareness, encouraging a deeper understanding of one's spiritual journey. The exercises combine scripture, journaling, and meditation to foster a transformative prayer experience.

4. *Heartfelt Prayers: Creative Exercises to Enhance Your Connection with God*

This book invites readers to explore prayer through creative exercises such as writing, drawing, and visualization. It aims to make prayer a more vibrant and expressive practice, allowing individuals to connect emotionally and spiritually. Suitable for all ages, it emphasizes personal expression within prayer.

5. *Prayer Practices for Inner Peace: Exercises to Calm the Mind and Spirit*

Designed to promote tranquility, this book offers prayer exercises that focus on mindfulness and relaxation. Readers learn techniques like breath prayer, centering prayer, and guided imagery to reduce stress and foster spiritual calm. It is a valuable resource for those seeking peace through prayer.

6. *Conversations with God: Prayer Exercises for Deepening Faith*

This book encourages readers to approach prayer as an ongoing conversation with God. It provides exercises that help develop listening skills, openness, and honest dialogue in prayer. Through reflective questions and practical tips, readers are guided to deepen their faith and trust.

7. *Prayer Journaling: Exercises to Capture Your Spiritual Journey*

Combining prayer and journaling, this book offers exercises that help readers document and reflect on their prayer experiences. It includes prompts, templates, and creative ideas to make journaling a meaningful part of prayer practice. The book supports self-discovery and spiritual insight through written expression.

8. *Silent Prayer: Exercises in Stillness and Listening*

This book focuses on the practice of silent prayer and contemplative listening. It provides exercises

designed to cultivate patience, presence, and awareness in prayer. Readers are guided to embrace silence as a powerful way to experience God's presence beyond words.

9. *Prayers for the Soul: Exercises to Nourish Your Spiritual Life*

A collection of prayer exercises aimed at nurturing and revitalizing the soul, this book blends traditional prayers with modern practices. It emphasizes spiritual nourishment through gratitude, forgiveness, and compassion exercises. Readers are encouraged to cultivate a holistic and heartfelt prayer life.

Prayer Exercises

Find other PDF articles:

<http://www.speargroupllc.com/algebra-suggest-009/Book?dataid=fjQ29-9659&title=what-do-you-take-after-algebra-1.pdf>

prayer exercises: Understanding the Spiritual Exercises Michael Ivens, 1998 Ever since the *Spiritual Exercises* were first published in 1548, they have been a popular and important resource for spiritual directors and directees. In this new translation, Michael Ivens draws on the wealth of previously published materials, as well as his extensive experience, to produce a new commentary that unravels the inner workings of the *Spiritual Exercises*. This new translation with detailed introductions to each section, helps directors arrive at a firm and nuanced understanding of this classic of western spirituality.

prayer exercises: Teaching Activities Manual for the Catholic Faith Handbook for Youth Steven McGlaun, 2004 This teaching activities manual works with both the first and second edition of *The Catholic Faith Handbook for Youth*. The *Teaching Activities Manual for The Catholic Faith Handbook for Youth* is designed not as a curriculum but as a collection of activities to help teachers make their current curriculum more meaningful and effective. Each chapter coincides with a chapter in *The Catholic Faith Handbook for Youth* and includes several activities that address the chapter's themes. Themes include: The Creed, Liturgy and Sacraments, Christian Morality, Christian Prayer. Two appendices help teachers use the *The Catholic Faith Handbook for Youth* with their class. *Additional Resources* lists books, movies, and songs to use in class. *Prayer Experiences* is a collection of ten prayer services on themes present in the *The Catholic Faith Handbook for Youth*. The prayer services require minimal supplies and are designed to take 10 to 20 minutes.

prayer exercises: The New Spiritual Exercises Louis M. Savary, 2010 One can say that the last true revolution in spirituality came with the *Spiritual Exercises* of Ignatius Loyola. Many devout Christians use the Exercises unchanged from their origins in the sixteenth century. In the twentieth century, another Jesuit, Pierre Teilhard de Chardin, developed a revolutionary spirituality by integrating science and faith, offering us a new way to understand the Word of God and the immensity of the Universal Christ. Unfortunately, he never spelled out how to practice this new understanding in our daily lives. Louis Savary offers an approach on how, the *Spiritual Exercises* could be re-envisioned for contemporary believers, using the transformative spirituality of Teilhard. The *Nov Spiritual Exercises* provides a vision of how a twenty-first century Teilhard might have adapted Ignatius' classic work in the hope that Teilhard himself would approve. --Book Jacket.

prayer exercises: A Key to the Shorter Catechism; Containing Catechetical Exercises, a Paraphrase, and a New and a Regular Series of Proofs on Each Answer James Gall, 1846

prayer exercises: The Spiritual Exercises of Saint Ignatius of Loyola Saint Ignatius (of Loyola),

prayer exercises: The Path of Celtic Prayer Calvin Miller, 2007-05-11 Covers six unique types of Celtic prayer, helping seekers and believers connect to God on a deeper level by teaching them how to pray out of the circumstances and uncertainties of their lives.

prayer exercises: Hands-on Ideas for Ministry with Young Teens Maryann Hakowski, Joyce Schoettler Jennings, 2001 Hands-on Ideas for Ministry with Young Teens is a collection of thirty-eight strategies for tapping into the tactile and intellectual creativity of young adolescents as a way of helping them learn about and grow in faith and spirituality. The strategies are organized into three sections. The first section contains activities for personal reflection, self-disclosure, and affirmation. The second section includes a variety of active strategies for learning and reviewing material. The third section is a collection of ideas for prayer and reflection that engage young teens at many different levels. Book jacket.

prayer exercises: The Spiritual Exercises of St. Ignatius Saint Ignatius (of Loyola), Louis J. Puhl, 1951

prayer exercises: Together in Prayer Andrew R. Wheeler, 2010-01-04 Prayer is intimidating. Yet prayer is a gift from God to all of us, and group prayer binds us to one another in ways that no other activity can. Andrew R. Wheeler lays the groundwork for establishing a responsible, meaningful prayer ministry in your small group. Here you'll find guidelines for praying in groups, common pitfalls of communal prayer, and suggestions for spurring your group onward.

prayer exercises: Franciscan Literature of Religious Instruction before the Council of Trent Bert Roest, 2004-10-01 This book provides, for the first time, an exhaustive discussion of the Franciscan production of texts of religious instruction during the later medieval period (c. 1210-c. 1550). In eight chapters, it introduces the reader to the most important Franciscan sermon cycles, the Franciscan guidelines for living the life of evangelical perfection, the many Franciscan novice training manuals, the Franciscan catechisms and confession manuals, the Franciscan output of liturgical handbooks, the large number of Franciscan texts containing more wide-ranging forms of religious edification, and Franciscan prayer guides. This book provides medievalists and Renaissance scholars alike with a new tool to assess the intellectual and religious transformations between the thirteenth and the sixteenth century, and contributes to the current re-interpretation of the late medieval pastoral revolution.

prayer exercises: Congressional Record United States. Congress, 1971

prayer exercises: BACK TO THE GARDEN Jan Mitchell, MSW Wayne Mitchell, PhD, 2014-10-21

prayer exercises: Spiritual exercises, ed. by O. Shipley Ignatius de Loyola (st.), 1870

prayer exercises: The Science of Spiritual Life According to the Spiritual Exercises James Clare, 1896

prayer exercises: Hearings United States. Congress Senate, 1966

prayer exercises: Nursing from the Inside-Out: Living and Nursing from the Highest Point of Your Consciousness Rachel Y. Hill, 2010-01-08 .

prayer exercises: Spirit, Style, Story Thomas M. Lucas, 2002 A collection of essays on the development of the Jesuits and the Ignatian spirit covers such topics as the Jesuit education, the order's influence on the world throughout its 450-year history, and the variations of its spiritual expressions. Original.

prayer exercises: Unbinding Your Church Martha Grace Reese, Dawn Darwin Weaks, Catherine Riddle Caffey, 2008-01-01 Pastors are busy. This collection of fully integrated resources will help your church work and pray through the Unbinding the Gospel Series. Included are step-by-step planning tools as well as worship resources to allow you--the pastor--to spend time on prayer, teaching, and working directly with others in your church. The planning tools include calendars, checklists for church staff, weekly scripture tie-ins, sample church newsletter campaigns, diagrams, simple to elaborate E-vent planning suggestions, web site ideas, specific lesson plans, and much much more. Worship resources include sermons, prayers, and forms that have been placed on the Web for FREE with easy access and downloads. Change Habits, Not Just Minds. From the

Unbinding the Gospel Series.

prayer exercises: How Then Shall We Guide? Jimmy Boon-Chai Tan, 2023-05-25 There has been a marked increase of interest in the art of spiritual direction in recent decades. Yet in many circles, especially in ecumenical and interfaith contexts, it is unclear what grounds the practice of this ancient art. As a tradition's practice of spiritual direction expresses its particular theology, which, in turn, is shaped by its unique history, this work explains that ecumenical spiritual direction must make and retain the tri-perspective of history, theology, and method that faithfully reflects each tradition's distinctives as requisite for true ecumenical enrichment. The importance of this trinocular vision is brought into sharp focus through a comparative study of Ignatius of Loyola and John Calvin, where points of continuity and discontinuity between the Ignatian and Reformed traditions underscore the importance of this work's thesis.

prayer exercises: The Handy Supreme Court Answer Book David L Hudson, 2007-10-01 From the origins of the court to modern practical matters—including the federal judiciary system, the Supreme Court's session schedule, and the argument, decision, and appeal process—this resource provides detailed answers on all aspects of the Supreme Court. Exploring the social, cultural, and political atmosphere in which judges are nominated and serve, this guide book answers questions such as When did the tradition of nine justices on the bench begin? When did the practice of hiring law clerks to assist with legal research and writing begin? and How do cases reach the Supreme Court? Details on historic decisions—including *Marbury v. Madison*, *Brown v. Board of Education*, *Miranda v. Arizona*, and *Bush v. Gore*—accompany a thorough history of all 17 Supreme Court Chief Justices.

Related to prayer exercises

Prayer - Desiring God Prayer is the open admission that without Christ we can do nothing. Prayer is an expression of faith in God's power, fueled by a desire for more of him

Seven Steps to Strengthen Prayer - Desiring God A deep prayer life is difficult to maintain, but it's also greatly rewarding. Consider seven steps to take this year to help strengthen your prayers

What Is Prayer? - Billy Graham Evangelistic Association Prayer is spiritual communication between man and God, a two-way relationship in which man should not only talk to God but also listen to Him. Prayer to God is like a child's conversation

Prayer - Basics of Christianity - Going Farther Prayer is simply talking to God. It is for every moment of our lives, not just for times of suffering or joy. We should thank God in prayer too

Articles on Prayer | Desiring God Prayer is the open admission that without Christ we can do nothing. Prayer is an expression of faith in God's power, fueled by a desire for more of him

How to Pray | Billy Graham Evangelistic Association How to Pray "Prayer is simply talking to God—and the most important thing I can say about this is that God wants you to talk to Him! He loves us and He has promised to hear us when we pray.

How to Pray in the Holy Spirit - Desiring God If we want to learn how to pray in the Spirit, we must be honest about our tendency to try to pray on our own

Seven Simple Daily Prayers - Desiring God Prayerlessness is the great enemy of true happiness. If you have set it aside or are stuck in a rut, here are seven simple prayers to pray each day

Prayer for Beginners - Desiring God "Prayer is the most important thing you can do for the most important people in your life." The freedom to pray anywhere, though, often leads to praying nowhere. We should

Billy Graham 24/7 Prayer Line Request BGEA, founded by Billy Graham, is a Christian non-profit dedicated to sharing the Gospel of Jesus Christ and empowering others to do the same

Prayer - Desiring God Prayer is the open admission that without Christ we can do nothing. Prayer is an expression of faith in God's power, fueled by a desire for more of him

Seven Steps to Strengthen Prayer - Desiring God A deep prayer life is difficult to maintain, but it's also greatly rewarding. Consider seven steps to take this year to help strengthen your prayers

What Is Prayer? - Billy Graham Evangelistic Association Prayer is spiritual communication

between man and God, a two-way relationship in which man should not only talk to God but also listen to Him. Prayer to God is like a child's conversation

Prayer - Basics of Christianity - Going Farther Prayer is simply talking to God. It is for every moment of our lives, not just for times of suffering or joy. We should thank God in prayer too

Articles on Prayer | Desiring God Prayer is the open admission that without Christ we can do nothing. Prayer is an expression of faith in God's power, fueled by a desire for more of him

How to Pray | Billy Graham Evangelistic Association How to Pray "Prayer is simply talking to God—and the most important thing I can say about this is that God wants you to talk to Him! He loves us and He has promised to hear us when we pray.

How to Pray in the Holy Spirit - Desiring God If we want to learn how to pray in the Spirit, we must be honest about our tendency to try to pray on our own

Seven Simple Daily Prayers - Desiring God Prayerlessness is the great enemy of true happiness. If you have set it aside or are stuck in a rut, here are seven simple prayers to pray each day

Prayer for Beginners - Desiring God "Prayer is the most important thing you can do for the most important people in your life." The freedom to pray anywhere, though, often leads to praying nowhere. We should

Billy Graham 24/7 Prayer Line Request BGEA, founded by Billy Graham, is a Christian non-profit dedicated to sharing the Gospel of Jesus Christ and empowering others to do the same

Prayer - Desiring God Prayer is the open admission that without Christ we can do nothing. Prayer is an expression of faith in God's power, fueled by a desire for more of him

Seven Steps to Strengthen Prayer - Desiring God A deep prayer life is difficult to maintain, but it's also greatly rewarding. Consider seven steps to take this year to help strengthen your prayers

What Is Prayer? - Billy Graham Evangelistic Association Prayer is spiritual communication between man and God, a two-way relationship in which man should not only talk to God but also listen to Him. Prayer to God is like a child's conversation

Prayer - Basics of Christianity - Going Farther Prayer is simply talking to God. It is for every moment of our lives, not just for times of suffering or joy. We should thank God in prayer too

Articles on Prayer | Desiring God Prayer is the open admission that without Christ we can do nothing. Prayer is an expression of faith in God's power, fueled by a desire for more of him

How to Pray | Billy Graham Evangelistic Association How to Pray "Prayer is simply talking to God—and the most important thing I can say about this is that God wants you to talk to Him! He loves us and He has promised to hear us when we pray.

How to Pray in the Holy Spirit - Desiring God If we want to learn how to pray in the Spirit, we must be honest about our tendency to try to pray on our own

Seven Simple Daily Prayers - Desiring God Prayerlessness is the great enemy of true happiness. If you have set it aside or are stuck in a rut, here are seven simple prayers to pray each day

Prayer for Beginners - Desiring God "Prayer is the most important thing you can do for the most important people in your life." The freedom to pray anywhere, though, often leads to praying nowhere. We should

Billy Graham 24/7 Prayer Line Request BGEA, founded by Billy Graham, is a Christian non-profit dedicated to sharing the Gospel of Jesus Christ and empowering others to do the same

Prayer - Desiring God Prayer is the open admission that without Christ we can do nothing. Prayer is an expression of faith in God's power, fueled by a desire for more of him

Seven Steps to Strengthen Prayer - Desiring God A deep prayer life is difficult to maintain, but it's also greatly rewarding. Consider seven steps to take this year to help strengthen your prayers

What Is Prayer? - Billy Graham Evangelistic Association Prayer is spiritual communication between man and God, a two-way relationship in which man should not only talk to God but also listen to Him. Prayer to God is like a child's conversation

Prayer - Basics of Christianity - Going Farther Prayer is simply talking to God. It is for every moment of our lives, not just for times of suffering or joy. We should thank God in prayer too

Articles on Prayer | Desiring God Prayer is the open admission that without Christ we can do

nothing. Prayer is an expression of faith in God's power, fueled by a desire for more of him

How to Pray | Billy Graham Evangelistic Association How to Pray "Prayer is simply talking to God—and the most important thing I can say about this is that God wants you to talk to Him! He loves us and He has promised to hear us when we pray.

How to Pray in the Holy Spirit - Desiring God If we want to learn how to pray in the Spirit, we must be honest about our tendency to try to pray on our own

Seven Simple Daily Prayers - Desiring God Prayerlessness is the great enemy of true happiness. If you have set it aside or are stuck in a rut, here are seven simple prayers to pray each day

Prayer for Beginners - Desiring God "Prayer is the most important thing you can do for the most important people in your life." The freedom to pray anywhere, though, often leads to praying nowhere. We should

Billy Graham 24/7 Prayer Line Request BGEA, founded by Billy Graham, is a Christian non-profit dedicated to sharing the Gospel of Jesus Christ and empowering others to do the same

Prayer - Desiring God Prayer is the open admission that without Christ we can do nothing. Prayer is an expression of faith in God's power, fueled by a desire for more of him

Seven Steps to Strengthen Prayer - Desiring God A deep prayer life is difficult to maintain, but it's also greatly rewarding. Consider seven steps to take this year to help strengthen your prayers

What Is Prayer? - Billy Graham Evangelistic Association Prayer is spiritual communication between man and God, a two-way relationship in which man should not only talk to God but also listen to Him. Prayer to God is like a child's conversation

Prayer - Basics of Christianity - Going Farther Prayer is simply talking to God. It is for every moment of our lives, not just for times of suffering or joy. We should thank God in prayer too

Articles on Prayer | Desiring God Prayer is the open admission that without Christ we can do nothing. Prayer is an expression of faith in God's power, fueled by a desire for more of him

How to Pray | Billy Graham Evangelistic Association How to Pray "Prayer is simply talking to God—and the most important thing I can say about this is that God wants you to talk to Him! He loves us and He has promised to hear us when we pray.

How to Pray in the Holy Spirit - Desiring God If we want to learn how to pray in the Spirit, we must be honest about our tendency to try to pray on our own

Seven Simple Daily Prayers - Desiring God Prayerlessness is the great enemy of true happiness. If you have set it aside or are stuck in a rut, here are seven simple prayers to pray each day

Prayer for Beginners - Desiring God "Prayer is the most important thing you can do for the most important people in your life." The freedom to pray anywhere, though, often leads to praying nowhere. We should

Billy Graham 24/7 Prayer Line Request BGEA, founded by Billy Graham, is a Christian non-profit dedicated to sharing the Gospel of Jesus Christ and empowering others to do the same

Prayer - Desiring God Prayer is the open admission that without Christ we can do nothing. Prayer is an expression of faith in God's power, fueled by a desire for more of him

Seven Steps to Strengthen Prayer - Desiring God A deep prayer life is difficult to maintain, but it's also greatly rewarding. Consider seven steps to take this year to help strengthen your prayers

What Is Prayer? - Billy Graham Evangelistic Association Prayer is spiritual communication between man and God, a two-way relationship in which man should not only talk to God but also listen to Him. Prayer to God is like a child's conversation

Prayer - Basics of Christianity - Going Farther Prayer is simply talking to God. It is for every moment of our lives, not just for times of suffering or joy. We should thank God in prayer too

Articles on Prayer | Desiring God Prayer is the open admission that without Christ we can do nothing. Prayer is an expression of faith in God's power, fueled by a desire for more of him

How to Pray | Billy Graham Evangelistic Association How to Pray "Prayer is simply talking to God—and the most important thing I can say about this is that God wants you to talk to Him! He loves us and He has promised to hear us when we pray.

How to Pray in the Holy Spirit - Desiring God If we want to learn how to pray in the Spirit, we

must be honest about our tendency to try to pray on our own

Seven Simple Daily Prayers - Desiring God Prayerlessness is the great enemy of true happiness. If you have set it aside or are stuck in a rut, here are seven simple prayers to pray each day

Prayer for Beginners - Desiring God "Prayer is the most important thing you can do for the most important people in your life." The freedom to pray anywhere, though, often leads to praying nowhere. We should

Billy Graham 24/7 Prayer Line Request BGEA, founded by Billy Graham, is a Christian non-profit dedicated to sharing the Gospel of Jesus Christ and empowering others to do the same

Related to prayer exercises

Do prayer and exercise go together? (Christian Science Monitor4mon) Why is Christian Science in our name? Our name is about honesty. The Monitor is owned by The First Church of Christ, Scientist, and we've always been transparent about that. The church publishes the

Do prayer and exercise go together? (Christian Science Monitor4mon) Why is Christian Science in our name? Our name is about honesty. The Monitor is owned by The First Church of Christ, Scientist, and we've always been transparent about that. The church publishes the

Exercise and prayer on the treadmill of life (Bozeman Daily Chronicle1y) Get any of our free daily email newsletters — news headlines, opinion, e-edition, obituaries and more. One should be ashamed to put their failures out for public review. However, we have always had a

Exercise and prayer on the treadmill of life (Bozeman Daily Chronicle1y) Get any of our free daily email newsletters — news headlines, opinion, e-edition, obituaries and more. One should be ashamed to put their failures out for public review. However, we have always had a

Ultimate free exercise: National Day of Prayer (Christian Science Monitor24y) Why is Christian Science in our name? Our name is about honesty. The Monitor is owned by The Christian Science Church, and we've always been transparent about that. The Church publishes the Monitor

Ultimate free exercise: National Day of Prayer (Christian Science Monitor24y) Why is Christian Science in our name? Our name is about honesty. The Monitor is owned by The Christian Science Church, and we've always been transparent about that. The Church publishes the Monitor

Back to Home: <http://www.speargroupllc.com>