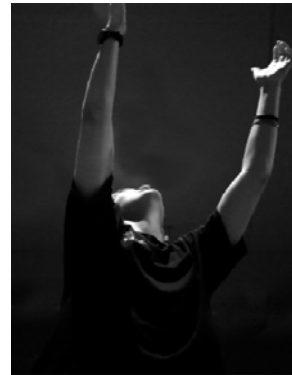


## Powerful Ways to Connect With God in Your Everyday Life ...Pray As You Go...

“For the LORD delights in you...” Isaiah 62:4

- **Behold God** as a way of prayer - practice quiet wonder, the gaze of the heart. Look for God in the beautiful fall colors of the trees and in other displays of God’s splendor. To behold God is an effortless and wordless facet of prayer. **Psalm 27:4** “Behold the beauty of the Lord”
- **10 Second Prayer Principle** is a quick and easy way to pray on the spot throughout your day. Talk to God naturally without premeditation or planning. Don’t worry about praying every minute, just offer up ten second prayers for the thoughts, needs, concerns, joys, and every-day gifts and situations in your life, at home and in your world, wherever in the world you are! If you’ve never prayed this way before, set aside 30 minutes for a test drive and then see how easily it becomes a habit of prayer.
- **The Things You See On The Way Principle** – Use everyday incidents as reminders to offer thanksgiving or requests to God. Spot people driving, walking, jogging, waiting for a bus and pray for them. Pass a church, school, business, or home and pray for the people there. Pray for them to experience God’s grace and blessings, for them to come to know God’s love, or to receive God’s help.
- **Creative Prayer** – Look for new ideas and ways to pray by selecting a “trigger” for your prayer that is new for you, and then pray every time you encounter that trigger. For example, pray each time one of your kids asks for something, each time you come to a stop sign or light while driving, or whenever there is a change of possession in a ballgame you are watching, etc.
- **Breath Prayer** – “Lord Jesus Christ, have mercy on me.” Blend this prayer with your breathing – “Lord Jesus Christ,” on the in-breath... “have mercy on me,” on the out-breath. Say it slowly and repetitively, letting the words fall over you either silently or aloud. Find a rhythm that seems to slow everything down and focus on Christ. You can pray this prayer silently while doing other things – you can even turn this prayer around and pray it for others around you. “*Closer than breathing is He, nearer than hands and feet.*” (Tennyson)
- **A Favorite activity or an everyday task** can be a catalyst for prayer when you offer it for the glory of God. Start with something that you love or a task that must be done: music, hiking, gardening, flowers, birds, writing, painting, cleaning, cooking - whatever it is ask God to remind you as you do it, that you’re doing it for him. Periodically pause for a God moment and offer up a prayer of thanksgiving or pray for whatever comes to mind.
- **Audio Prayer Walk with God.** Download daily prayer for your MP3 player/phone at [www.pray-as-you-go.org](http://www.pray-as-you-go.org) and use it to guide you in prayer while you walk, exercise, do the laundry, garden, etc.

Sources: *The Ten-Second Prayer Principle: Praying Powerfully as You Go*, by Mark Littleton  
*Prayer: Does It Make Any Difference*, by Philip Yancey



## “GIVING YOURSELF TO GOD”

...IN PRAYER...

### WHEREVER YOU ARE

As East Heights approaches Commitment Sunday on November 8<sup>th</sup>, we invite you to spend time in prayer and fellowship with God. The prayer room is open during the week whenever the church is open. It is also open for our **Fall Prayer Vigil on Saturday, Nov. 7 from 7am to 7pm**, for private prayer and meditation. You may sign up for a prayer time on Saturday to **either pray in the prayer room, or sign up to pray wherever you will be – at home or on the go.**

Prayer is communication and interaction with God. The most important thing about prayer is not the form or method you use, but that you do it and that you allow God to work in and through your life for his purposes in the world.

Prayer may also be thought of as paying attention to God. Being alert to the presence of God, not *only* in formal prayer or corporate worship, but also in the way we live all of life, is a way of unceasing prayer. At first it may take a conscious decision and concerted effort to “tune-in” to “Emmanuel, God with us.” Please pick a day and a time, better yet, pick a time each day and make the decision to give yourself to the Lord in prayer.

Practice increased awareness of God in everyday life and you’ll develop an effortless intimacy with God. “Prayer means keeping company with God who is already present.” (Philip Yancey)

*Be joyful always; pray continually; give thanks in all circumstances.* 1 Thes. 5:16-18

*Let us continually offer to God a sacrifice of praise.* Hebrews 13:15

*Pray in the Spirit on all occasions with all kinds of prayers and requests.* Eph. 6:18

## East Heights United Methodist Church

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