

# Many Ways to Meet God through Prayer



## The Prayer Table

At the 2015 Wisconsin Annual Conference, the Spiritual Formation Resource Team provided a public witness to prayer through the Prayer Table, located at the back center wall of the plenary area. The prayer “wall” and multiple avenues of grace set off sparks of creative fire in the minds and hearts of those who brought their praise and their need for prayer to the table. We offer here instructions and handouts to use with the many activities offered at the prayer table. We urge you to use them together or individually, adapt them to your context and need, be blessed by them as we have been.

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### Walking Prayer

Instructions: Requires no special preparation.

### Post-It Prayer

Instructions: Provide a vertical surface, (a metal fireplace screen, or a bulletin board or wall) and pads of sticky-notes or paper. Provide a means of posting the prayers to the wall: small magnets, push pins, the sticky-notes themselves.

### Brushstroke Prayer

Instructions: Provide large and small paintbrushes in water and a “Mini Buddha Board,” widely available in stores and online.

### Magnetic Prayer

Instructions: Provide a metal surface, such as a fireplace screen, and collections of magnetic words. These are easily available in collections based on music, nature, poetry, faith, and other topics.

### Ribbon Prayer

Instructions: Provide a metal surface, such as a fireplace screen, or a wall strung with magnetic strips or with wire or ribbon. Provide a wide variety of ribbon colors, scissors, and safety pins.

### Sand Garden Prayer

Instructions: Provide a sand garden, such as the one pictured, which are widely available online and in stores (search for “desktop Zen garden”).



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## A Way to Meet God: Walking Prayer

Ephesians 3:14-19 (NRSV)

*“For this reason I bow my knees before the Father, from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.”*

Perhaps because we use the word *love* so loosely, people do not take it seriously. Listen to some of the conversations that fill our days: “I love that car . . . that restaurant . . . that show.”

Paul had a deeper and more formative principle in mind when he prayed that the Ephesians be “rooted and grounded in love.” To be rooted in love is to experience the boundless love of Jesus Christ. Use the Ephesians passage as a “walking prayer” today.

As you go about your day, frequently and gently repeat the phrase, “rooted in love” or “filled with all the fullness of God.” Pray this phrase as you meet others, participate in meetings, make decisions, drive to and from. Envision a world where each one is rooted in the love of Jesus Christ and filled with the fullness of God.



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## A Way to Meet God: Post-It Prayer

Luke 17:11-19 "... One of them ... turned back, praising God."

"If in your lifetime the only prayer you offer is Thanks, that would suffice," wrote Meister Eckhart. Sit comfortably, close your eyes, and begin to repeat the word *gracias!* (Spanish for "thanks") or *grazias* (Italian). Recall the events of the day, of the past week—conversations with friends, small tasks accomplished, rest and relaxation, appointments kept—and, after each event comes to mind, offer thanks.

Because *gracias!* (or *grazias*) also means "grace," you can continue to pray this way when you think of sorrows or difficulties. To God, who provides *grace* under pressure, you can say, "Thank you for being with me."

Write your prayer of thanks or of longing on a piece of paper, and post it on the prayer wall.



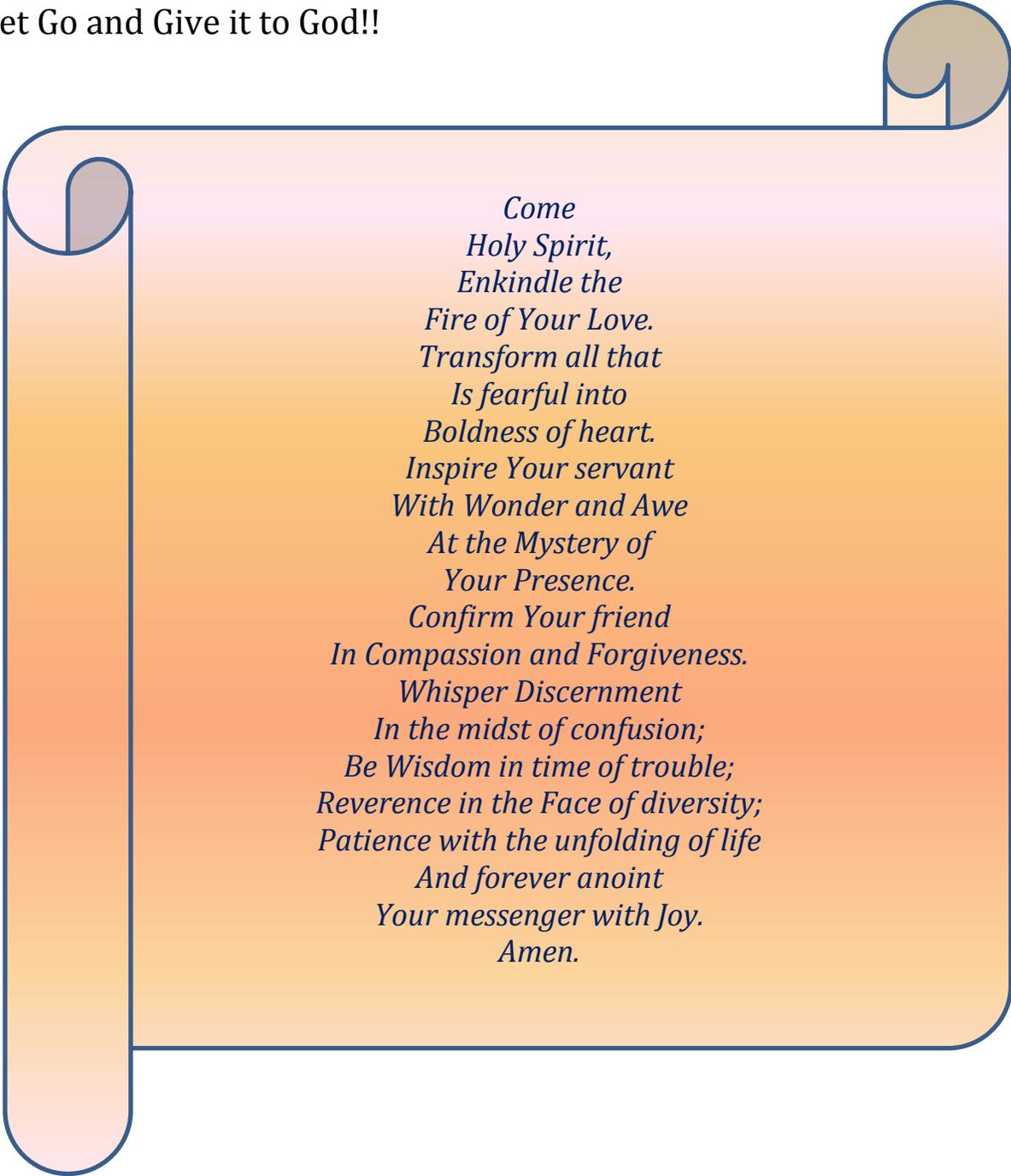
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## A Way to Meet God: Brushstroke Prayer

Read this prayer to God, which beckons the Holy Spirit. Then, with a stroke of the wet brush, express the joy, pain, grief, or love that is in your heart. The water will evaporate, and the slate will be made new and ready for the next prayer.

Let Go and Give it to God!!



*Come  
Holy Spirit,  
Enkindle the  
Fire of Your Love.  
Transform all that  
Is fearful into  
Boldness of heart.  
Inspire Your servant  
With Wonder and Awe  
At the Mystery of  
Your Presence.  
Confirm Your friend  
In Compassion and Forgiveness.  
Whisper Discernment  
In the midst of confusion;  
Be Wisdom in time of trouble;  
Reverence in the Face of diversity;  
Patience with the unfolding of life  
And forever anoint  
Your messenger with Joy.  
Amen.*





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## A Way to Meet God: Ribbon Prayer



We need one another. The faithfulness of the Christian community supports us when we stumble, and we support others in turn. As believers, we are woven together into a large, interdependent family. When we pray for another or are prayed for, we live out the reality of this connection.

In your mind, picture a piece of woven fabric. Pull a thread or two out of the fabric and notice what happens to the remaining piece. Look at the threads you pulled out and notice their isolation, smallness, and weakness, when compared with the larger fabric. Imagine God weaving the fabric, and imagine yourself as the thread in that fabric.

Take ribbons (one, two, three or more) and place a safety pin through the same end of all them. Braid or twirl the ribbons as you pray. Your ribbon—one, two, or three-pieced—represents a prayer or a person in your heart today. When the prayer is complete, post it on the prayer wall.



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## A Way to Meet God: Sand Garden Prayer

As you create designs in the sand garden, read this poem by the Sufi poet, Rumi (translated by Kabir and Camille Helminski).

*Listen, put trust in God,  
don't let your hands and feet tremble with fear;  
your daily bread is more in love with you than you with it.*

*It is in love with you and is holding back  
only because it knows of your lack of self-denial.*

*If you had any self-denial, the daily bread  
would throw itself upon you as lovers do.  
What is this feverish trembling for fear of hunger?  
With trust in God, one can live full-fed.*

