



224+ Ways for Prayer in 2024 and Beyond

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One of the wonderful effects of the deepening of our Catholic lives because of the prayerful and faith-filled renewal of Vatican II is that we have discovered and rediscovered the rich heritage of prayer forms which we possess. There is more than one way to pray!

As disciples, committed to living our Baptism, we want to continually deepen our prayer lives

For those of us who are catechetical leaders, working with children, youth, and/or adults, we want to do all we can to lead them to this deepening of their prayer lives. Listed here are several ways. In reality, of course, there are many more. These ideas are prayer practices and methods which can be used in group settings in a short amount of time. The ideas multiply when there are increased opportunities for places, time allotments, and different groupings of people or individuals. Also, the following ideas are ones that can be led by catechetical leaders in various situations, so they do not even touch the summit and source of our prayer as Catholics: the Eucharistic liturgy and the celebration of our sacraments. (So, in reality, as a Catholic people we have many more opportunities than these).

Therefore, celebrate and pray: In your own prayer life and as people gather for parent meetings, for children's sessions, for youth ministry gatherings, for Parish Council and Commission meetings, for family workshops and events, for faith formation sessions, prayerfully try different forms and practices so that as we live and pray in the 21st century, our prayer life -- both individually and as a community -- will deepen and lead us to service.

1. At the beginning of your gathering

At the end of your gathering, to celebrate

- *the birthdays of your group*
- *their baptismal anniversaries*
- *the patron feast days of your group*

4. Scripture reading

5. Centering Prayer

6. Prayer Celebrations for the liturgical year

7. Write a letter to God

8. Lighting the Advent Wreath

9. Litany of forgiveness

10. Blessings with holy water

11. To marvel- thanks for today's weather

12. Journalling

13. Alphabet Thanksgiving Prayers

14. As you prepare cards for parish shut-ins

15. Pray with music

16. Meditation

17. Peace Prayers

18. Pray with creation (See One Hundred Cranes)

19a. Before sharing refreshments (meal)

19b. After sharing refreshments

20. When a group member is ill

21. Pray for First Eucharist candidates

22. Sing Sunday's Responsorial Psalm

23a. Litany of thanks for small things

23b. Litany of thanks for big things

24. Time to recall God's presence

25. Blessings on the week ahead

26. Coloring Prayer

27. Praying with gestures

28. Sharing the Sign of Peace

29. Praying the Our Father with gesture

30. Pretend to be your favorite Scripture character. What would your prayer be?

31. Paint

32. Pray the Church's Liturgy of the Hours

33. The Jesus Prayer

34. Pray with your senses (See Prayer with all your Senses)

35. Pray for parishioners preparing for marriage

36. Write a poem prayer

37. Light a candle

38. Meditate on the mysteries of the Rosary

39. Dance

40. When things are going well within the group

41. General Intercessions

42. Pray a thank you for someone who has contributed to your group

43. Anointing with oil

44. Celebrate St. Nicholas Day

45. Pray the O Antiphons

46. Laugh (Psalm 2 says God laughs. If it's good for God, it must be good for us.)

47. *Write your own Hallel Prayers (Psalms 146-150 are the Hallel Chapters - Hallel Yah = Praise the Lord)*
48. *Enthroned the Bible*
49. *Signing of the Senses (See The Rite of Christian Initiation of Adults)*
50. *Pretend you are a person in today's news. What would your prayer be?*
51. *Blessing of the Manger*
52. *A litany in praise of God's presence in all things*
53. *Write your spiritual autobiography*
54. *Pray the Memorare*
55. *Blessing of St. Valentine's cards*
56. *Pray for the needs of our world*
57. *Echo Prayer*
58. *Morning Offering*
59. *Sharing with the needy*
60. *Recall God's messages to us in our dreams*
61. *Meditating on Christian art*
62. *Meditating on art*
63. *Add-On-Prayer*
64. *An acrostic thank you prayer*
65. *Contemplation*
66. *Play-Dough Prayer*
67. *Ecumenical Prayers (Research prayer of other religious traditions: Native American, Hindu, Jewish, Buddhist, etc.)*
68. *Prayer Processions*
69. *Pray the Hail Mary*
70. *Write a prayer for healing*
71. *Mail a prayer for healing to someone who is ill*
72. *Listen to the sounds around you*
73. *Prayer of Inner Stillness*
74. *Prophetic Prayer (peace and justice efforts)*
75. *Prayer of Pondering*
76. *Rewrite a traditional prayer in your own words*
77. *Make a Bible Prayer Book*
78. *Pray the rosary in several different ways*
79. *Pray with your hands*
80. *Pray the Glory Be*
81. *Presentation of the Bible*
- 82a. *The Stations of the Cross*
- 82b. *The Stations of the Cross in today's world*
- 82c. *The Stations of the Cross in the neighborhood (https://www.janetschaeffler.com/GEMS_133.pdf)*
83. *Prayers for protection*
84. *Guided Scriptural meditation*
85. *Blessings with laying on of hands*
86. *Pray the Angelus (three times a day, if possible)*
87. *Choose a Scripture word as your word for the week*
88. *Prayer services of forgiveness*
89. *Write a litany about the times you know God is with you*
90. *Affirmations*
91. *Pray the Divine Praises*
92. *Taize Prayer*
93. *Pray with a Blessing Cup*
93. *Examination of Conscience*
95. *Listen to Scripture to hear God's word to you*
96. *Pray memories*
97. *Wonder!!!!!!*
98. *Practice Random Acts of Kindness and Senseless Acts of Beauty*
99. *Pray about the signs of the times*
100. *Celebrations of the Word of God*
101. *Enrollment of Names (see The Rite of Christian Initiation of Adults)*
102. *Metta (Loving-Kindness) Practice (See Gentling the Heart by Mary Jo Meadow)*
103. *Be still and let God love you*
104. *Look for places where there is pain and offer to share it*
105. *List God's surprises*
106. *Pray for Confirmation candidates*
107. *Photo praying*
108. *Blessing of your meeting space on the feast of the Epiphany*
109. *Faith-sharing with others*
110. *Ephphetha Rite (see The Rite of Christian Initiation of Adults)*
111. *Collect the Church's prayers to Mary*
112. *Compliments ("The prayer most pleasing to God is our praise of one another." - Fr. E. Farrell in Prayer is a Hunger)*
113. *Praise God for being God*

114. Prayer to the saint of the day
115. Read poetry
116. Prayer Walks in nature
117. Prayer for the needs of the Church
118. Kything Prayer (See Prayerways for those who feel discouraged or distraught, frightened or frustrated, angry or anxious, powerless or purposeless, overextended or underappreciated, burned out or just plain worn out by Louis M. Savary and Patricia H. Berne. Harper and Row)
119. Make resolutions to help someone in need
120. Meditate on one line of the Our Father
- 121a. Pray one of the Creeds (Nicene or Apostles).
- 121b. Write your own Creed
122. Pray on national holidays
123. Newspaper prayers
124. Pray when hearing sirens
125. Pray for the servant leaders of your parish
126. Chant
127. Keep a journal of praise
128. Remember those who have died
129. Memorize a new prayer
- 130a. Pray the Psalms
- 131b. Write some psalms for today
131. Reflection on what happened to you when you were involved in a service project
132. Celebrate Mardi Gras. Bury the Alleluia.
133. Write a love letter from God to you
134. Count the blessings of your wounded heart
135. Prayerful resolutions
136. Pray for those preparing for their first celebration of Reconciliation
137. Count your blessings
138. Listen to God
139. Doodle your feelings prayer
- 140a. Pray the prayer attributed to St. Francis, "The Canticle of the Sun"
- 141b. Write your own "Canticle of the Sun"
141. Sing liturgical hymns
142. Use blessings from other cultures and traditions
143. Journal of thanks
144. Pray everyday throughout Lent
145. Lord, have mercy prayers (concentrating on the Lord's mercy rather than your sinfulness)
146. Finding Alternatives Prayer
147. Pray with incense
148. Pray for catechumens and candidates
- 149a. Pray Mary's Magnificat
- 149b. Write your Magnificat
150. Pray the Breastplate of St. Patrick
- 151a. Look at the world through God's eyes
- 151b. Look at your life through God's eyes
152. Sculpt
- 153a. How many litanies can you find ... and use at different times?
- 153b. Write your own litanies
154. Renewal of Baptismal promises
155. Celebrate Easter Monday (There is a growing tradition that this is a joke telling day since the most extravagant "joke" of all took place on Easter Sunday – the victory of Jesus over death.)
156. Pray inspired by the ordinary (See Home is a Holy Place by Mark G. Boyer)
157. Place yourself as one of the characters in a Scripture story
158. Make a walking pilgrimage to church, to a chapel, to a nearby outdoor shrine, etc.
- 159a. Pray the Prayer of St. Francis
- 159b. Paraphrase the Prayer of St. Francis for today's circumstances
160. Prayerfully celebrate Earth Day
161. Environmental Meditation (see Enter the Quiet by James Whitehill)
162. Make a novena, especially one in preparation for Peace Pentecost
- 163a. Pray for the Spirit's seven gifts.
- 163b. Pray for the Spirit's twelve fruits.
164. PowerPoint-Sound Prayers
165. Extrovert Meditation (centering by way of creating)
166. Pray with a mantra
167. Give thanks for feelings
168. Make a mandala (See The Star in My Heart by Joyce Rupp)
169. Compile a booklet of graces from various people, places, cultures and traditions

170. *Blessings, Blessings, and more Blessings* (You can never run out of times and places for blessings.)
- 171a. *Pray the Act of Contrition*
171b. *Write your own Act of Contrition*
172. *Prayer Bulletin Board*
173. *Pray the Church's traditional prayer, "Come, Holy Spirit"*
174. *Liturgical Dance*
175. *Pray a prayer from our rich tradition*
176. *Thanks for the God-moments of the past week*
177. *Prayer of the four directions*
178. *Meditate and walk the labyrinth*
- 179a. *Pray the Litany of Saints*
179b. *Write your Litany of Saints*
180. *Write a Litany of All Souls*
181. *Listen to God's word in stories*
182. *Good Samaritan Prayers*
183. *Pray the "Hail, holy Queen"*
184. *Begin every prayer by praising God*
185. *Start a food pantry. Attach a blessing prayer to each can.*
- 186a. *Pray the liturgical prayer, "Holy, holy, holy"*
186b. *Write your own "Holy, holy, holy"*
187. *Write a prayer based on the Beatitudes*
188. *Prayer of the Imagination* (See *Imagine That* and *Imagine That, Too* by Marlene Halpin)
189. *Pray to the saints ... discover new ones*
190. *Pray with the saints* (See the "Companion for the Journey" Series of Books. Winona, Minnesota: St. Mary's Press)
191. *Situational prayer*
192. *Pray the Sign of Cross very deliberately*
193. *Choose prayer partners*
194. *Make a Thanks Bank*
195. *Lectio Divina* (prayerfully reading Scripture)
- 196a. *Pray the Church's Acts of Faith, Hope, and Love*
- 196b. *Write your own Acts of Faith, Hope, and Love*
197. *Create a quiet sacred space in your home/meeting place.*
198. *Use Sunday's Psalm refrain as the week's mantra.*
199. *Pray with our liturgical and seasonal rituals* (e.g. *Sign of Peace, Advent Wreath, etc.*).
200. *Visio Divina*
201. *Dismissal Blessings*
202. *End of the Year Prayer*
203. *Pray all ways always*
204. *Do It Yourself Evening of Reflection* (https://www.janetschaeffler.com/GEMS_29.pdf)
205. *Parish Praying Together at Home* (https://www.janetschaeffler.com/GEMS_50.pdf)

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