

Prayer Practices to Equip Ministry

1

Connecting to Impact Partners

- Opening question to the group: How have you done this?
- What does connection to those serving in controlled environments look like?
 - Challenges?
 - Concerns?
- What does response to, or engagement with, Prayer/Update letters look like?
 - What is meaningful from the impact partner side?
 - What is meaningful from the supporter side?

2

How to uphold/pray for those in ministry

- What practices have you discovered that are helpful and sustainable?
- What constrains us in our prayers?

3

Prayer with hope, envisioning possibilities

- Consider a blank square sheet of paper

4

Personal story

- My mom and dad, missionaries with the Navigators to Japan

5

Prayer Practices: a few options to consider

- Use of scripture
- Imaginative prayer with scripture
- Embodied prayer
- Wordless prayer
- Prayer of Examen

6



The Prayer of Examen

What is the Prayer of Examen?

The **Prayer of Examen** is a prayer of reflection over your own life and God's presence with you

Typically prayed at night, but morning also works Popularized by **St. Ignatius of Loyola**

4 Steps: Invocation, Reflection, Enlightenment, & Invitation

7



I. Invocation

Making yourself present to the presence of God

Some Ideas:

Light a candle

Take a few deep breaths

Read a passage of scripture (Psalm 139:7-10 is a good choice)

8



II. Reflection

Recalling and examining your day

Close your eyes and reflect moment-by-moment over your entire day from morning to night:

What's on your heart? What's on your mind?

Where are you?

What are you doing?

What are you grateful to God for?

9



III. Enlightenment

Examining your day again with God by your side

Examine your day again. But this time, imagine God is sitting next to you and you are both watching your day go by on a screen:

What do you observe?

How does God's presence change the way you see, think, or feel about your day?

10



IV. Invitation

Considering God's invitation to you

Ask yourself:

What did God reveal to you during your reflection? How is God inviting you to respond?

Close your time with a deep breath.

11