

"Be still and know that I am God." Psalm 46:10

# PRAY DEEP

*A Book of Prayers to  
Pray Deeper and Grow  
Closer to God*

From the "Pray Deep" series on [www.kathrynshirey.com](http://www.kathrynshirey.com)

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# The Lord's Prayer

*The Prayer:*

Our Father in heaven, hallowed be your Name.  
Your Kingdom come, your will be done,  
On earth as it is in heaven. Give us today our daily bread.  
And forgive us our sins,  
As we forgive those who sin against us.  
Save us from the time of trial, and deliver us from evil.  
For the kingdom, the power, and the glory are yours,  
Now and forever. Amen.

# A.C.T.S Prayer

*How To Pray:*

- |                  |  |
|------------------|--|
| A = Adoration    | <i>Tell God how wonderful He is;<br/>worship Him</i>                     |
| C = Confession   | <i>Admit your sins, cry out your<br/>brokenness, ask for forgiveness</i> |
| T = Thanksgiving | <i>Say "thank you" for all God has<br/>done in your life</i>             |
| S = Supplication | <i>Make your requests to God - for<br/>yourself and for others</i>       |

# 5 Finger Prayer

*How To Pray:*

- Thumb: The finger closest to you - Pray for those closest to you
- Index Finger: The finger that points the way- Pray for those who teach, instruct and heal you
- Middle Finger: The tallest finger - Pray for leaders and all who have authority
- Ring Finger: The weakest finger - Pray for the weak, sick, and those with problems
- Pinkie: The smallest finger - Pray for yourself

# Prayer Journal

## *Ideas:*

- Write out your prayers
- Record the ways you pray and journal your experience with each
- Keep a list of prayer requests
- Write down what you hear from God; maybe use a different color ink to record God's words

# Every Day Prompts

## *How To Pray:*

- Choose something or someone you see frequently throughout your week
- Decide a brief prayer you'll say each time you see that prompt
- Each time you see that person or thing, say a quick prayer
- Say your prayer quietly or aloud and involve your family or friends

# Every Day Prompts

## *Ideas:*

- See a fire truck or ambulance... pray for healing and strength
- Stopped at a red light... tell God thank you for a blessing
- Turn on a lamp or light a candle... ask God to reveal Himself more fully in your life
- Hug your child... pray for God's protection over your child

# Book of Common Prayer

## *How To Pray:*

- 1) Look up the Collect (prayer) for the week and pray it
- 2) If you have a particular need, look up a Collect specific to your need and pray it
- 3) Write down your favorite Collects and rotate through them as you pray throughout the week

Find the BCP online at: [www.bcponline.org](http://www.bcponline.org)

## Book of Common Prayer

Stir up your power, O Lord, and with great might come among us; and, because we are sorely hindered by our sins, let your bountiful grace and mercy speedily help and deliver us; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honor and glory, now and for ever.

Amen.

## Book of Common Prayer

Give us grace, O Lord, to answer readily the call of our Savior Jesus Christ and proclaim to all people the Good News of his salvation, that we and the whole world may perceive the glory of his marvelous works; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

## Book of Common Prayer

Give us grace, O Lord, to answer readily the call of our Savior Jesus Christ and proclaim to all people the Good News of his salvation, that we and the whole world may perceive the glory of his marvelous works; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

## Book of Common Prayer

O God, the strength of all who put their trust in you: Mercifully accept our prayers; and because in our weakness we can do nothing good without you, give us the help of your grace, that in keeping your commandments we may please you both in will and deed; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

## Book of Common Prayer

O Lord, you have taught us that without love whatever we do is worth nothing; Send your Holy Spirit and pour into our hearts your greatest gift, which is love, the true bond of peace and of all virtue, without which whoever lives is accounted dead before you. Grant this for the sake of your only Son Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

## Book of Common Prayer

*For the Mission of the Church:*

O God, you have made of one blood all the peoples of the earth, and sent your blessed Son to preach peace to those who are far off and to those who are near: Grant that people everywhere may seek after you and find you, bring the nations into your fold, pour out your Spirit upon all flesh, and hasten the coming of your kingdom; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

## Book of Common Prayer

*For the Care of Children:*

Almighty God, heavenly Father, you have blessed us with the joy and care of children: Give us calm strength and patient wisdom as we bring them up, that we may teach them to love whatever is just and true and good, following the example of our Savior Jesus Christ. Amen.

## Book of Common Prayer

*For the Unemployed:*

Heavenly Father, we remember before you those who suffer want and anxiety from lack of work. Guide the people of this land so to use our public and private wealth that all may find suitable and fulfilling employment, and receive just payment for their labor; through Jesus Christ our Lord. Amen.

## Book of Common Prayer

### *For the Sick:*

Heavenly Father, giver of life and health: Comfort and relieve your sick servants, and give your power of healing to those who minister to their needs, that those for whom our prayers are offered may be strengthened in their weakness and have confidence in your loving care; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

## Book of Common Prayer

### *For Quiet Confidence:*

O God of peace, who hast taught us that in returning and rest we shall be saved, in quietness and confidence shall be our strength: By the might of thy Spirit lift us, we pray thee, to thy presence, where we may be still and know that thou art God; through Jesus Christ our Lord. Amen.

## Book of Common Prayer

### *For Guidance:*

O God, by whom the meek are guided in judgement, and light riseth up in darkness for the godly: Grant us, in all our doubts and uncertainties, the grace to ask what thou wouldst have us to do, that the Spirit of wisdom may save us from all false choices, and that in thy light we may see light, and in thy straight path may not stumble; through Jesus Christ our Lord. Amen.

## Book of Common Prayer

### *For the Answering of Prayer:*

Almighty God, who hast promised to hear the petitions of those who ask in thy Son's Name: We beseech thee mercifully to incline thine ear to us who have now made our prayers and supplications unto thee; and grant that those things which we have faithfully asked according to thy will, may effectually be obtained, to the relief of our necessity, and to the setting forth of thy glory; through Jesus Christ our Lord. Amen.

## Book of Common Prayer

### *For Young People:*

God our Father, you see your children growing up in an unsteady and confusing world: Show them that your ways give more life than the ways of the world, and that following you is better than chasing after selfish goals. Help them to take failure, not as a measure of their worth, but as a chance for a new start. Give them strength to hold their faith in you, and to keep alive their joy in your creation; through Jesus Christ our Lord. Amen.

## Book of Common Prayer

### *For Prisons and Prisoners:*

Lord Jesus, for our sake you were condemned as a criminal: Visit our jails and prisons with your pity and judgment. Remember all prisoners, and bring the guilty to repentance and amendment of life according to your will, and give them hope for their future. When any are held unjustly, bring them release; forgive us, and teach us to improve our justice. Remember those who work in these institutions; keep them humane and compassionate; and save them from becoming brutal or callous. And since what we do for those in prison, O Lord, we do for you, constrain us to improve their lot. All this we ask for your mercy's sake. Amen.

## Book of Common Prayer

### *For Families:*

Almighty God, our heavenly Father, who settest the solitary in families: We commend to thy continual care the homes in which thy people dwell. Put far from them, we beseech thee, every root of bitterness, the desire of vainglory, and the pride of life. Fill them with faith, virtue, knowledge, temperance, patience, godliness. Knit together in constant affection those who, in holy wedlock, have been made one flesh. Turn the hearts of the parents to the children, and the hearts of the children to the parents; and so enkindle fervent charity among us all, that we may evermore be kindly affectioned one to another; through Jesus Christ our Lord. Amen.

## Praying Psalms

### *How To Pray:*

- Choose a Psalm and read through it. Linger over the words.
- Is there a particular verse that stands out to you today? Specific words that seem to speak to your heart?
- Read that verse aloud over and over, emphasizing different words.
- Write out the verse in your own words, with the emphasis you hear as you read it aloud.
- Pray for yourself and others from it.

# Praying Psalms

## *Ideas for Choosing a Psalm:*

- Choose the Psalm from this week's lectionary ([www.lectionarypage.net](http://www.lectionarypage.net))
- Choose a favorite Psalm and read it for fresh insights
- Open the book of Psalms in your Bible and choose the one your finger comes to first
- Use a daily reading schedule to select a Psalm from that day's readings

# Praying Psalms

## *A Daily Reading Calendar:*

DAY	MORNING	EVENING	DAY	MORNING	EVENING	DAY	MORNING	EVENING
1	1-5	6-8	11	56-58	59-61	21	105	106
2	9-11	12-13	12	62-64	65-67	22	107	108-109
3	14-17	18	13	68	69-70	23	110-113	114-115
4	19-21	22-23	14	71-72	73-74	24	116-118	119:1-32
5	24-26	27-29	15	75-77	78	25	119:33-72	119:73-104
6	30-31	32-34	16	79-81	82-85	26	119:105-144	119:145-ff
7	35-36	37	17	86-88	89	27	120-125	126-131
8	38-40	41-43	18	90-92	93-94	28	132-135	136-138
9	44-46	47-49	19	95-97	98-101	29	139-140	141-143
10	50-52	53-55	20	102-103	104	30	144-146	147-150

# Praying Scripture

## *Ideas for Choosing a Verse to Pray:*

- Choose a verse - maybe the Gospel or Epistle reading - from this week's lectionary ([www.lectionarypage.net](http://www.lectionarypage.net))
- Choose a favorite verse and read it for fresh insights
- Open the Bible and choose the verse your finger comes to first

# Praying Scripture

## *How to Pray:*

- READ the passage slowly
- REFLECT on what the passage says to you
- RESPOND to God, praying the passage to Him
  - REJOICE God's great goodness
  - REPENT your sins and shortcomings
  - REQUEST God's help
- RECEIVE God's response to you by listening

## Lectio Divina

### *How to Pray:*

- Choose a verse from the Gospel or Epistle to pray
- READ the verse slowly, several times, listening with the "ear of the heart"
- REFLECT on the words, attentive to which word or phrase speaks most to your heart
- RESPOND to the word or phrase that spoke to you, turning it over and over in your heart, offering it up in prayer
- REST in God, sit in silence and listen for how God speaks through that word or phrase

## Gospel Contemplation

### *How to Pray:*

- Select a Gospel passage where Jesus is interacting with others.
- Read through the passage a couple of times until the story is familiar.
- Close your eyes and place yourself in the scene. Play it in your mind like a movie.
- Use all your senses to experience the scene. Use your imagination to touch, smell, see, hear, and taste the scene.
- Close with prayer, speaking your heart to Jesus.

## Praying a Song

### *How to Pray:*

Select a favorite hymn or contemporary worship song. Choose one of the methods below to pray the song:

- 1) Look up the lyrics and read through the words as a prayer.
- 2) Write out the verses that speak most profoundly to you as a prayer.
- 3) Sing along to the song, paying particular attention to the words. Sing the words as a prayer to God.

## Taize Prayer Method

### *How to Pray:*

Below is a typical structure of a Taize-style prayer time.

- 1) Start with a song
- 2) Read a passage of scripture
- 3) Song
- 4) Time of silence to listen for God
- 5) Song
- 6) Pray intercessory prayers
- 7) Close with the Lord's Prayer

Many churches offer Taize Prayer services. Look in your area for the opportunity to experience this style of worship in community. For more info: [www.taize.fr](http://www.taize.fr)



# Taize Prayer Method

## *Choosing the Music:*

The key characteristic of Taize music is the repetition of the words, making the music meditative and memorable. The meditative singing becomes prayer and a way to listen for God.

Music is available online at [www.taize.fr](http://www.taize.fr)  
You can listen online or purchase for download/CD.

Any short, repetitive hymn can also work.

# Labyrinth

## *Finding a Labyrinth:*

If possible, find a physical labyrinth to walk. Look in your community for churches or community spaces with a labyrinth ([www.labyrinthlocator.com](http://www.labyrinthlocator.com))

If not possible to visit a physical labyrinth, print out a table-top version and do a virtual walk with your fingers. ([www.labyrinthsociety.org](http://www.labyrinthsociety.org))

# Labyrinth

## *About the Labyrinth:*

There is no single right way to experience a labyrinth. You only need to enter and follow the path.

The labyrinth is a spiritual tool for prayer, a metaphor for your own spiritual journey and taking the next step with God.

Walk to the center, pause there and spend time with God, then follow the path back out.

# Labyrinth

## *Walking the Labyrinth:*

The "Inner Way" method to approach a labyrinth:

- As you walk in, toward the center, pray for release of your fears, distractions, resistances - "let go and let God"
- At the center, pray for illumination, for the Holy Spirit to fill you - "breathe on my breath of God; fill me with life anew"
- On the way out, pray for integration of the Spirit's guidance into your life - "Thy will be done"

# Labyrinth

## *Walking the Labyrinth:*

Other ways to approach a labyrinth:

- Ask a question: Spend your walk praying and talking with God about a particular question that is on your heart. Listen for the still small voice of God as you walk.
- Gracious Attention: Simply quiet your mind and walk, letting go of all thoughts. Listen for God's voice as you walk.

# Prayer Walk

## *How To Pray:*

- Ideally, find a friend or two to walk with you.
- Walk the streets of your neighborhood, silently praying for each person, each house.
- Pray for specific needs if you know them, or just pray for God's truth and blessings for each person.
- Prayer walking should be low-profile. You don't need to carry a Bible, pray out loud or tell everyone what you're doing. Just quietly pray as you walk.

# Prayer Partner

## *Choosing a Prayer Partner:*

Some characteristics to look for when choosing a prayer partner:

- Confidentiality
- Reliable, honest and trustworthy
- Growing in their faith
- Willing to be vulnerable with you
- Available and willing to pray for and with you

# Prayer Partner

## *How To Pray:*

Conversational prayer may work best when praying with a prayer partner:

- Take turns praying your requests out loud.
- Pray one request at a time, allowing your prayer partner to respond or add to your prayer.
- Keep prayers brief and give each other time to pray.
- This prayer time is a conversation between you, your prayer partner and the Holy Spirit. Listen for the Holy Spirit and follow His guidance in your prayer.

# Praying with Saints

## *How To Pray:*

Prayers with the Saints are a form of intercessory prayer. You're not praying "to" a saint, only asking them to pray on your behalf, just as you might ask a friend to pray.

- Choose a Saint to pray with, perhaps one designated a patron saint for something significant in your life.
- Share your concerns with them, ask for intercessory prayer, feel community with them and all the people over time who have also prayed with them for similar needs.

# Listening Prayer

## *How To Pray:*

- Set aside some quiet time when you can focus.
- Take some deep breaths to clear your thoughts.
- Close your eyes and clear your thoughts.
- Ask God to be with you in the silence and to speak to your heart.
- Sit in silence and listen for God. Start with 3 minutes and work up to 15 minutes or more.
- Take notes of what God places on your heart. Maybe use one color for God's words and another color for your thoughts and responses.

# Breathing Exercise

## *To Relax and Clear Your Mind:*

- Get comfortable.
- Begin breathing full breaths, in and out.
- Take a breath in, on the exhale count 50
- As you inhale, count down to 49, then 48 as you exhale.
- Continue to count backward on each inhale and exhale until you reach 20.
- After 20, only count on the exhales. Count down to 0 and then just breathe and relax.

# Examen

## *How To Pray:*

- Set aside some quiet time at the end of the day.
- Ask for God's presence in your prayer time.
- Thank God for the day's blessings.
- Ask the Holy Spirit for guidance.
- Go over the events of the day, looking for 2 positive and 2 negative aspects. Imagine you are reviewing your day with Jesus. Talk to him about your reactions and emotions during the day.
- Reconcile and resolve - give thanks, apologize, ask for guidance to do better tomorrow.

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# Centering Prayer

## *How To Pray:*

- Choose a sacred word.
- Sit comfortably, with eyes closed, and relax. Quiet your thoughts and ask God to enter in.
- Let your sacred word be present as a symbol of your intention to be in God's presence. Focus on your word, but try to keep it unspoken.
- When you feel your mind drifting, return to your sacred word as an anchor.
- Remain in the silence with eyes closed. Ideally, spend 15-20 minutes in silent prayer.

## My Notes & Prayer Requests

Lined area for notes and prayer requests.

## My Notes & Prayer Requests

Lined area for notes and prayer requests.

# Praying with Icons

## *How To Pray:*

- Icons are "written," not "painted." Creating an icon is a prayerful exercise and is highly symbolic.
- Praying with icons is an ancient form of prayer, focusing not on what is seen in the icon, but on what is seen through the icon. (Icons are sometimes called "windows to heaven.")
- Take time to simply gaze at the icon. Allow the longings of your heart to interact with what the icon speaks to you.
- Pray without words. Allow yourself to just "be" with God and ask Him to speak to your heart through the icon.

# Prayer Circles

## *How To Pray:*

- Begin with a circle.
- Fill in the circle with your own patterns and art, or find a circle with a pattern already drawn and color it in.
- As you color or draw, spend time in prayer.
- Don't worry about what you are creating. This is about the process of praying, not the end result.
- Relax into the exercise. Allow your mind to wander through the thoughts God places on your heart.

# Prayer Doodles

## *How To Pray:*

- Write a name for God, the name of someone you're praying for, or words from a scripture verse.
- Draw a shape around it and begin to doodle.
- Pray as you draw. Ask God to be part of this prayer time.
- Keep drawing as you release these prayers to God.
- For more information: [www.prayingincolor.com](http://www.prayingincolor.com)

# Visio Divina

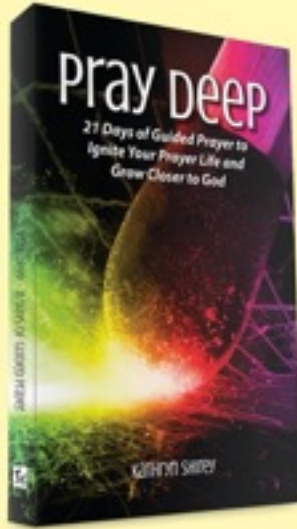
## *How To Pray:*

- Prepare: close your eyes, breathe, clear your mind
- Lectio (read): Open your eyes and scan the image. Note what draws your interest, but continue to scan the whole image. Close and rest your eyes a minute.
- Meditatio (meditate): Open your eyes and let your eyes be led. Focus on just this part of the image and name it. Close your eyes, seeing that piece of the image in your mind.
- Oratio (pray): Open your eyes and look again at the piece of the image that caught your eye. Allow it to bring forth a word, image, or emotion. Close and rest your eyes.
- Contemplatio (contemplation): Open your eyes and gaze at the image. What is God speaking to you today through this image?

# THE “Pray Deep” SERIES OF DEVOTIONAL PRAYER JOURNALS:

Pray Deep: Ignite Your Prayer Life in 21 Days

Pray Deep: IGNITE YOUR PRAYER LIFE IN 21 DAYS



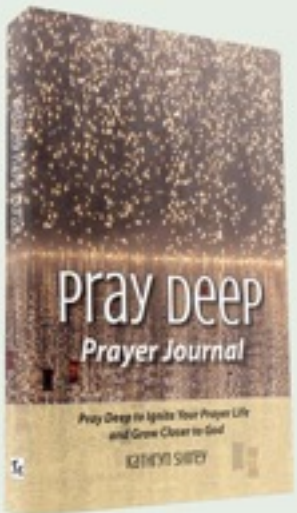
A devotional prayer journal to introduce you to nearly 20 different prayer methods and guide you through daily prayer focused on the very nature of prayer and its role in your life.

These 21 days will ignite your passion for prayer and grow your relationship with God.

**Learn To Pray More,  
Pray Better, Pray Deep**

Pray Deep Prayer Journal

Pray Deep Prayer Journal




This blank prayer journal gives you lined and blank pages to record your prayers, key scriptures, and God's responses.

It also includes a section to track specific prayer requests and includes guides for all the prayer methods introduced through "Pray Deep."

**Journal Your Prayers  
and God's Responses**

Pray Deep: Finding Stillness in the Storm

Pray Deep: FINDING STILLNESS IN THE STORM




A 21 day devotional prayer journal exploring Psalm 46:10, "Be still and know that I am God."

Through daily prayers, explore stillness with God, experience Sabbath rest, and learn to hear and trust God in the middle of your life's storms.

**"Be still and know that  
I am God." Psalm 46:10**

Pray Deep for Advent

Pray Deep FOR ADVENT



Discover a new way to experience Advent, the season of expectantly waiting for Jesus. Find hope, peace, joy, and love in the waiting.

Uncover the depth of Advent, using this devotional prayer journal for daily prayers throughout the season of Advent.

**Discover God's Gifts to  
You This Christmas!**

# ABOUT KATHRYN:



Kathryn Shirey is a writer, a mom, and a fellow traveler on this journey of faith. Kathryn had something awesome happen when she asked God for guidance on where He wanted her to serve. He didn't answer as she expected, but that sent her on a journey of discovery.

She's not sure where God's taking her or what it will mean to "go to work for God", but she is committed to finding out!

Kathryn writes about prayer, growing closer to God, and God's vision for our lives on her blog, Finding Hope ([www.kathrynshirey.com](http://www.kathrynshirey.com)).

Connect with Kathryn online:

Blog: [www.kathrynshirey.com](http://www.kathrynshirey.com)

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Twitter: [@KathrynPShirey](https://twitter.com/KathrynPShirey)

Pinterest: [www.pinterest.com/kpshirey](http://www.pinterest.com/kpshirey)