



## Growing in Prayer: Ideas to Explore



There are different types of prayer and many different ways to pray. Here are some examples. This is not an exhaustive list. Some space has been left for you to add other types of prayer which you use or would like to use in your setting.

Types of Prayer	Examples
Worshipping Prayer	Liturgical Prayer, Morning and Evening Prayer, the Eucharist
Intercessory Prayer	Prayer for the People during worship services Prayer Meetings Prayer Chain or Prayer Watch Team Prayer before or after worship services Prayer Update information used by members in their personal prayer times
Personal Prayer	Retreats and Quiet Days Ignatian Prayer Opportunities Journaling Prayer Triplets
Listening Prayer	May be incorporated into all of the above

<b>Which types of prayer do we well?</b>	<b>What resources help us with that?</b>	<b>Could we develop this further and if so how?</b>	<b>What resources would we need to do that?</b>

<b>Which types of prayer would we like to grow in?</b>	<b>Why?</b>	<b>How could we do that?</b>	<b>What resources would we need?</b>