

# Enlarge your prayer life

Tips from our spirituality adviser **the Rev Ruth Tuschling**. See more detail on [www.portsmouth.anglican.org/ToolboxForPrayer](http://www.portsmouth.anglican.org/ToolboxForPrayer)

**1 A REGULAR RHYTHM**  
Set aside a regular time to be with God. The discipline helps carry you when you might not feel like it.



**2 PRACTISE DAILY**  
Find a rhythm that works for you. It could be Common Worship Daily Prayer (now available as an app), or reading a passage from the Bible, a short silence to reflect, time to talk to God about what's on your heart, and finishing with the Lord's Prayer.

**3 IMAGINATIVE MEDITATION**  
Choose a passage in one of the gospels where Jesus is doing something, and visualise yourself in the story, interacting with Jesus. Afterwards, reflect on what God may be saying to you through your experience.

**5 THE EXAMEN**  
At the end of the day, look back and notice where you felt closest to God, most alive, most connected with others - and where the opposite was the case. Talk to God about things you need help with, or need to say sorry for. Commit the coming day to God.

**7 PRAYER WITHOUT CEASING**  
The Jesus Prayer - 'Lord Jesus Christ, Son of God, have mercy on me (a sinner)' can be repeated throughout the day, to keep your sense of God's presence alive.



**4 LECTIO DIVINA**  
Read a short Bible passage and choose a word to repeat quietly to yourself. Notice where your thoughts are led, and talk to God about it. End by just being in God's presence without words.

**6 TACTILE PRAYER**  
Find God through your five senses - playing an instrument, balancing on a surfboard or planing a plank of wood. Knead bread, scramble over rocks or listen to music. Whatever you do, be aware of God present with you while you are doing it.

**8 A SPIRITUAL JOURNAL**  
Writing down important moments in your journey with God helps you notice more of them. It helps you understand your motivations and how God speaks to you.



**9 CONTEMPLATIVE PRAYER**  
This involves waiting faithfully on God without thoughts (though you can repeat a prayer word to keep any distractions at bay). It trusts that God is there whether or not you feel his presence. Ten minutes minimum required.

**10 PUSH THE ENVELOPE**  
If you're in a 'good place', try exploring ways of praying that wouldn't be your first choice! But if life is hard, stay with what nourishes you.