

UKIRK OLE MISS 2018



PRAYER TO GO

GUIDELINES

UKIRK OLE MISS 2018



PRAYER TO GO

GUIDELINES

NEW CREATION

You'll need: jar of dirt.

In this box, there's a mini journal with space for you to try practicing the examen daily (also with instructions about what the examen actually is).

You also have all the supplies you need to try seven different prayers, the guidelines for which are on these pages. There's a suggested order for the prayers included on the schedule of church and UKirk Lenten events, but all of the supplies are reusable and work any time -- Sunday or not, Lent or not. We hope you might find a prayer practice that is fruitful for you all year long!

Pour the dirt out into your hand. What do you see? What do you feel? What do you smell? When we celebrate Easter, we embrace the new life proclaimed to us through Christ's death and resurrection.

As you hold the dirt, give thanks to God for the people, places, and things that have nurtured you so far. What does "new life" mean to you? Where in your life do you feel like you could use some growth, grace, or renewal? Ask God for continued guidance in those spaces.

NEW CREATION

You'll need: jar of dirt.

In this box, there's a mini journal with space for you to try practicing the examen daily (that also includes instructions about what the examen actually is).

You also have all the supplies you need to try seven different prayers, the guidelines for which are on these pages. There's a suggested order for the prayers included on the schedule of church and UKirk Lenten events, but all of the supplies are reusable and work any time -- Sunday or not, Lent or not. We hope you might find a prayer practice that is fruitful for you all year long!

Pour the dirt out into your hand. What do you see? What do you feel? What do you smell? When we celebrate Easter, we embrace the new life proclaimed to us through Christ's death and resurrection.

As you hold the dirt, give thanks to God for the people, places, and things that have nurtured you so far. What does "new life" mean to you? Where in your life do you feel like you could use some growth, grace, or renewal? Ask God for continued guidance in those spaces.

HUMAN

You'll need: wooden figure.

Especially in the days leading up to Holy Week, it's powerful to remember that Jesus was *human* during his life and death on earth. Not only does he really get the complexity of what it means to be human, but he knows that we're capable of great, faithful things.

Hold the wooden figure, and feel its weight in your hand. Notice the curves of the form and the grains in the wood. What does "human" mean to you?

Give thanks to God for Jesus's life. Lift up to God the parts of Jesus's life that resonate with you, and ask God to help you see opportunities to reflect Jesus's life in your own. When you see those opportunities, how will you respond?

HUMAN

You'll need: wooden figure.

Especially in the days leading up to Holy Week, it's powerful to remember that Jesus was *human* during his life and death on earth. Not only does he really get the complexity of what it means to be human, but he knows that we're capable of great, faithful things.

Hold the wooden figure, and feel its weight in your hand. Notice the curves of the form and the grains in the wood. What does "human" mean to you?

Give thanks to God for Jesus's life. Lift up to God the parts of Jesus's life that resonate with you, and ask God to help you see opportunities to reflect Jesus's life in your own. When you see those opportunities, how will you respond?

FINGER LABYRINTH

You'll need: laminated labyrinth, dry erase marker.

Labyrinths have been a feature in many European Catholic churches since the middle ages. People walk their paths for discernment, in times of grief, or to act out prayers of thanksgiving or repentance. In all these ways and more, it can be a pilgrimage that brings us closer to God.

Take a few deep breaths, breathing in saying "quiet the mind," and out saying "open the heart." Using the marker, follow the path of the labyrinth. There's only one way in and out, so no need to worry about direction. On your way to the center, focus on *letting go* (of worries, to do lists, whatever is keeping you from connecting with God). Spend a moment in the center of the labyrinth *letting in* God's guidance for your life. Heading away from the center, reflect of *letting out* God's influence. How will the Spirit mold your life and your actions?

These guidelines are adapted from Georgiana Lotfy at sacredwalk.com.

FINGER LABYRINTH

You'll need: laminated labyrinth, dry erase marker.

Labyrinths have been a feature in many European Catholic churches since the middle ages. People walk their paths for discernment, in times of grief, or to act out prayers of thanksgiving or repentance. In all these ways and more, it can be a pilgrimage that brings us closer to God.

Take a few deep breaths, breathing in saying "quiet the mind," and out saying "open the heart." Using the marker, follow the path of the labyrinth. There's only one way in and out, so no need to worry about direction. On your way to the center, focus on *letting go* (of worries, to do lists, whatever is keeping you from connecting with God). Spend a moment in the center of the labyrinth *letting in* God's guidance for your life. Heading away from the center, reflect of *letting out* God's influence. How will the Spirit mold your life and your actions?

These guidelines are adapted from Georgiana Lotfy's at sacredwalk.com.

PRAYER BEADS

You'll need: wooden prayer beads.

Although prayer beads might be most familiar in the form of Catholic rosaries, in the 1980s a group of Episcopalians got together and designed a prayer bead set for Protestants. This design includes:

- Invitatory bead: The large bead closest to the cross. It reminds us that God invites us into prayer.
- Resurrection bead: Closest to the invitatory bead, it represents Christ's gift of eternal life.
- Cruciform beads: The other four large beads, which form the points of a cross. They can also represent the four Gospels, the seasons, the parts of a day (morning, afternoon, evening, night), and more.
- Week beads: Between the cruciform beads, they're named for the number of days in a week, but the number seven also symbolizes spiritual perfection, among other things.

All in all there are 33 beads to represent the years of Jesus's earthly life and ministry, and one to represent his resurrection.

PRAYER BEADS

You'll need: wooden prayer beads.

Although prayer beads might be most familiar in the form of Catholic rosaries, in the 1980s a group of Episcopalians got together and designed a prayer bead set for Protestants. This design includes:

- Invitatory bead: Closest to the cross; reminds us that God invites us into prayer.
- Resurrection bead: Closest to the invitatory bead; represents Christ's gift of eternal life.
- Cruciform beads: The other four large beads, which form the points of a cross. They can also represent the four Gospels, the seasons, the parts of a day (morning, afternoon, evening, night), and more.
- Week beads: Between the cruciform beads, they're named for the number of days in a week, but the number seven also symbolizes spiritual perfection, among other things.

All in all there are 33 beads to represent the years of Jesus's earthly life and ministry, and one to represent his resurrection.

MAKING CROSSES

You'll need: sticks, and string or wire.

Find two sticks. Notice the shape, the texture. What meaning might these details add to the image of a cross?

Attach the sticks to each other to form a cross. What do you notice about the string or wire? What meaning might that add?

Consider:

- What cross-making shapes or materials represent your current relationship with God?
- What other discarded things might you find this week that could become images of God?
- How does the act of making crosses out of discarded items more deeply illuminate the new life God offers creation?

These guidelines are adapted from Ellen Morris Prewitt's book Making Crosses -- in it there's a lot more to read about this practice, if you're interested.

MAKING CROSSES

You'll need: sticks, and string or wire.

Find two sticks. Notice the shape, the texture. What meaning might these details add to the image of a cross?

Attach the sticks to each other to form a cross. What do you notice about the string or wire? What meaning might that add?

Consider:

- What cross-making shapes or materials represent your current relationship with God?
- What other discarded things might you find this week that could become images of God?
- How does the act of making crosses out of discarded items more deeply illuminate the new life God offers creation?

These guidelines are adapted from Ellen Morris Prewitt's book Making Crosses -- in it there's a lot more to read about this practice, if you're interested.

KNOT PRAYER

You'll need: piece of paracord.

Take a few deep breaths in and out.

Holding the cord, tie a knot in it for each thing (or some of them) making you anxious today. Maybe there's one big thing, fitting for one big knot -- that's okay too.

Spend a few moments praying with and about your knot(s). Then slowly untie the cord, releasing to God each anxiety as you do. Even as worries return later, let the image of untying remind you that God is with us even when solutions to our worry do not come as quickly or as clearly as we'd hope.

There's no right or wrong way to use prayer beads -- you might even want to simply hold them while you pray. But if you want to try praying specific things on each bead, here's one way to do it.

- Invitatory bead: address God ("Dear Lord," "Loving Creator," "Hey God," etc.)
- Resurrection bead: "Help me to remember the depth of your love for me."
- 1st cruciform bead: "Thank you for..."
- Weeks beads, set 1: on each bead, name something for which you're grateful.
- 2nd cruciform bead: "Be with..."
- Weeks beads, set 2: name friends or family members.

(Continued on next page.)

KNOT PRAYER

You'll need: piece of paracord.

Take a few deep breaths in and out.

Holding the cord, tie a knot in it for each thing (or some of them) making you anxious today. Maybe there's one big thing, fitting for one big knot -- that's okay too.

Spend a few moments praying with and about your knot(s). Then slowly untie the cord, releasing to God each anxiety as you do. Even as worries return later, let the image of untying remind you that God is with us even when solutions to our worry do not come as quickly or as clearly as we'd hope.

There's no right or wrong way to use prayer beads -- you might even want to simply hold them while you pray. But if you want to try praying specific things on each bead, here's one way to do it.

- Invitatory bead: address God ("Dear Lord," "Loving Creator," "Hey God," etc.)
- Resurrection bead: "Help me to remember the depth of your love for me."
- 1st cruciform bead: "Thank you for..."
- Weeks beads, set 1: on each bead, name something for which you're grateful.
- 2nd cruciform bead: "Be with..."
- Weeks beads, set 2: name friends or family members.

(Continued on next page.)

PLAY-DOH PRAYER

You'll need: Play-Doh

- 3rd cruciform bead: "Lord, also remember..."
- Weeks beads, set 3: name other people or places for whom you want to pray.
- 4th cruciform bead: "Also..."
- Weeks beads, set 4: share with God whatever else is on your heart or mind.
- Resurrection bead: "Help me to remember the depth of your love for me."
- Invitatory bead: "Amen."

*The prayer beads in your box and these guidelines here are adapted from
Kristen E. Vincent's book A Bead and a Prayer.*

Spend a little while just kneading the dough. Focus on the way it feels in your hands, on the way it looks when you fold it together. When distractions come to mind, acknowledge them, then let them go.

As prayers for people or things come to mind, shape the dough into a representation of that person or thing, continuing to pray for them or it as you do. Don't worry about making a visually accurate copy of the subject of your prayer. Just focus on making some sort of tangible representation. Between your individual prayers and shapes, you might spend a moment re-centering yourself with more kneading. End your time of prayer by holding the dough as you take several deep breaths, breathing in to the words "breathe in God's mercy," and out to the words "breathe out God's mercy to others."

PLAY-DOH PRAYER

You'll need: Play-Doh

- 3rd cruciform bead: "Lord, also remember..."
- Weeks beads, set 3: name other people or places for whom you want to pray.
- 4th cruciform bead: "Also..."
- Weeks beads, set 4: share with God whatever else is on your heart or mind.
- Resurrection bead: "Help me to remember the depth of your love for me."
- Invitatory bead: "Amen."

*The prayer beads in your box and these guidelines here are adapted from
Kristen E. Vincent's book A Bead and a Prayer.*

Spend a little while just kneading the dough. Focus on the way it feels in your hands, on the way it looks when you fold it together. When distractions come to mind, acknowledge them, then let them go.

As prayers for people or things come to mind, shape the dough into a representation of that person or thing, continuing to pray for them or it as you do. Don't worry about making a visually accurate copy of the subject of your prayer. Just focus on making some sort of tangible representation. Between your individual prayers and shapes, you might spend a moment re-centering yourself with more kneading. End your time of prayer by holding the dough as you take several deep breaths, breathing in to the words "breathe in God's mercy," and out to the words "breathe out God's mercy to others."