**Following Jesus**

**Prayer**

Prayer is the foundation of our Christian faith. There are many ways of praying - alone or with others, sharing a sacred space where we deeply connect with and grow in relationship with God. Regular prayer creates a spiritual rhythm, and changes the way that we think about our lives. It develops new habits of heart and mind. As with any relationship, we learn to listen as well as speak, to give and receive in equal measure. Prayer can be wonderfully creative and simple as we find the patterns that work for us.

**What do we do already**?

As a church, how are we enabling our community to pray? (There may be small groups which pray together, perhaps using resources guides to help delve into a particular season or topic. It might be that we have a notice board or WhatsApp group where communities share prayer requests, or organise prayer walks or prayer arts and crafts. We might have a culture of supporting people in their personal prayer lives, through prayer Apps, prayer partners or journaling.)

**What could be?**

How do we teach people in our community to pray? Are there any resources we want to use to help embed a culture of praying for and with one another?

A pattern of prayer isn’t something we ought to only do when we’re in church. How could we enable prayer in households, in places of work, or other regular parts of people’s lives?

What are we praying for as a church community? Are there things we want to be more intentional about in our shared life of prayer?