

## Five steps of speaking or writing a prayer - try it!

**1 - Call** upon God - it's a bit like saying hello and acknowledging His presence. This is sometimes called an 'invocation'.

**2 - Linger** on God - don't rush, just remember the basis for EVERYTHING is centred in God.

**3 - Ask** God! If you know how to ask something of someone you really trust, ask God in that way.

**4 - Tell** God why it is you are asking - what is the purpose of this prayer.

**5 - End** the prayer - Christians usually call upon the Trinity of the One God as Father, Son and Spirit.

### Here is an example of such a prayer

**① Almighty God ② all hearts are open to you, all desires known to you and no secrets are hidden from you. ③ Cleanse the thoughts of my heart by the power of your Holy Spirit ④ so I may perfectly love you and praise your holy name; ⑤ and I pray this in the name of God, Father, Son and Holy Spirit. Amen**

## Main service times

Shrewsbury Abbey

Sunday 10.00am

and 3.00pm

Thursday 12 noon

St. Peter's (Monkmoor Road)

Sunday 10.30am

## Prayer Times in the Parish

Daily - 8.30 am at the Abbey

(about 20 minutes)

Thursday 7.00 pm at St. Peter's (Monkmoor Road)

(about a half-hour)

## Prayer Drops Online

The Abbey Prayer Book is online

<http://www.shrewsburyabbey.com>

Go to 'Spiritual' drop-down and then to the

'Prayer Page'

Abbey Office : 01743 232723

Monday - Friday

9.30am - 12.30pm

[vicar@shrewsburyabbey.com](mailto:vicar@shrewsburyabbey.com)

[www.shrewsburyabbey.com](http://www.shrewsburyabbey.com)

Get into the habit  
**Shrewsbury Abbey**

Parish of the Holy Cross

Shrewsbury Abbey

and St. Peter's Monkmoor

# How do I begin to pray?

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## Prayer is a conversation with God

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You may know nothing about prayer, or perhaps you remember prayers from school assemblies or from occasions when you have been to church. But do you now want to have a conversation with God, perhaps because you have a particular need or simply because you feel a call to respond (somehow) to God?

### First things first

Please take time to read through this short leaflet and to ask us questions. The Ministry Team are not always at the Church so there's a contact slip available if you want us to contact you - simply find and leave the slip at the shop.

### Try Praying

<http://www.trypraying.co.uk/try-it/>  
Is a web site supported by many churches in Shrewsbury - go on, have a look, it could help you to get started.

### What will we promise to you

We will do our best to make you feel welcomed and to answer any questions you have of us.

If you leave a prayer on the prayer board in the 'Lady Chapel' it will be read and it WILL be prayed,

If you invite us to we will explain very clearly the Christian understanding of prayer as it is practiced in the Church of England and we will look at what it means to be part of the wider Christian family of God.

We will admit - we don't have all the answers and prayer can seem very confusing at first.

We will not pressurize you, although any discussions on prayer, faith and the spiritual life can be challenging.

We will encourage you to find out more about Jesus and the Christian life.

We will do this all—gently!

### What is prayer?

Prayer is a 4-way engagement with God, a 'holy' conversation about the everyday needs, sorrows, joys and thanksgivings which shape our lives.

The First part of prayer is when **We speak** to God - it doesn't have to be complex; prayer can be very, very simple.

The Second part of prayer is when **God listens**. Christians see in the prayers of Jesus his absolute certainty that prayer is not one-way.

The Third part of prayer is when **God speaks**. The Book of Genesis commences with 'and God said' (Genesis 1 v 3) and Jesus is sometimes called the 'Word' of God.

The Fourth part of prayer is when **We listen**. This is where most misconceptions of prayer take place. This listening is an essential part of the cycle of prayer.