



PRAYING THE ROOM

DESCRIPTION

Praying the Room is a form of contemplative or listening prayer that has been practiced for many years in the church. We often spend time talking in prayer, but how often do we listen to what God has to say?

HOW TO PRACTICE

- Take 5-10 deep, slow breaths.
- Close your eyes and imagine yourself in a room with the Father or Jesus.
- Where are you?
- Are you in a room you love or simply in the room you are in or near now?

Listening:

- Now, picture Jesus or the Father.
- What do you see?
 - Is he sitting or standing?
 - Where is he in the room?
 - What is he doing?
 - Is he saying anything?
- Sit in that for a few minutes.

Intercessory Prayer (Praying for others):

- Now, ask the Spirit to bring into the room anyone that he wants you to pray for.
- How do they look?
 - Are they happy? Sad? Bruised? Tired? Scared? Lost?
 - What all do you notice about them?
- Pray for that person. Make your prayer as specific as possible. Pray whatever is on your heart for them. If you don't know what to pray, just hold them before God with love.