

TYPES OF  
**PRAYER**



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## **SIMPLE PRAYER** (also called Conversational Prayer)

- This type of prayer is the most practiced type of prayer in Scripture.
- It is praying simply what is in and on your heart. No need to be fancy, eloquent, or impressive. There is only one person listening and He is not impressed by your big words. Also, do not feel obligated to pray about only grand things like world hunger. If you are worried about the mole on your back, pray about the mole.
- Dallas Willard says, *“Prayer simply dies from efforts to pray about “good things” that honestly do not matter to us. The way to get meaningful prayer for those good things is to start by praying for what we are truly interested in.”*
- Similarly C.S. Lewis said that in prayer we must *“lay before Him what is in us, not what ought to be in us.”*
- It may well be that when your mind wanders, it is wandering to what your heart most needs to speak to God about. Try to think of these wandering thoughts as stepping stones to prayer rather than barriers.
- See also, 2 Thessalonians 1:11; Philippians 4:6; and Acts 20:36

## **CONTEMPLATIVE PRAYER**

- Contemplative means to develop an open, restful receptivity to the Father, Son, and Spirit that enables me to always be with God just as I am.
- Contemplative prayer is a receptive posture of openness toward God. It is a way of waiting with a heart awake to God’s presence and his Word.
- This kind of prayer intentionally trusts and rests in the presence of the Holy Spirit deep within our own spirit.
- See also, Romans 8:26-27; 2 Corinthians 3:17-18; Colossians 1:26-27

## **BREATH PRAYER**

- To pray a simple, intimate prayer of heartfelt desire before God.
- This is a form of contemplative prayer linked to the rhythms of breathing: (1) breathe in, calling on a biblical name or image of God, and (2) breathe out a simple God-given desire.
- Example Breath Prayers:
  - Breathe in “Abba,” breathe out “I belong to You.”
  - Breathe in “Healer,” breathe out “speak the word and I shall be healed.”
  - Breathe in “Lord,” breathe out “Here I am.”
- See also, 1 Thessalonians 5:16-18; 2 Peter 1:3-4

## CENTERING PRAYER

- To quiet the heart and rest in God alone.
- This is a form of contemplative prayer where the pray-er seeks to quiet scattered thoughts and desires in the still center of Christ's presence.
- See also, Acts 17:28; John 14:23; Song of Songs 5:2; Psalm 62:1

## FAITH PRAYER

- It isn't us forcing our will onto God, rather it is us conceding His will be done.
- Sometimes we don't even know what to pray for. The Holy Spirit intercedes for us in these times. Romans 8:26-27.
- See also, James 5:13-16

## FIXED-HOUR PRAYER

- To stop my work and pray throughout the day.

## INTERCESSORY PRAYER (Interceding for Others)

- Daniel 9:1-27 (Daniel interceded for his people) We can do the same.
- To turn my concerns and worries into prayer; to enter God's heart for the world and then pray from there.
- While Simple prayer is the type most commonly practiced in Scripture, Intercession is the kind of prayer most commonly commanded in Scripture.

## ADORATION & THANKSGIVING (Worship)

- This type brings joy of nearness to God. (Psalm 43:4; Habakkuk 3:18).
- Also called a Prayer of Worship. This is a prayer that focuses on who God is. It is us recognizing God's power and majesty.
- See also, Hebrews 13:15; Revelation 4:11; Psalm 100:4

## PRAYING SCRIPTURE

- To allow God to shape my prayer life through the words of Scripture.
- Example: Pray Psalm 27.
  - Read: "The Lord is my light and my salvation."
  - Pray: "Thank you Lord that you are my light. Thank you for giving me light to see my need for Jesus and for your Word..." and so on.

