



Simple and meditative prayer

Simple and meditative prayer takes you to deeper intimacy with God. This is how the church fathers, monks in monasteries, many of the early Christians, and Christians through the centuries learned to pray and to enter into a deeper relationship with God.

Practical guidelines

1. You can take one of these prayers and pray the same prayer every day of the week for 15-30 minutes.
2. You may choose to pray a different prayer every day. Try not to pray more than one of these prayers during your prayer times for these 5 days.
3. These simple prayers are formulated from the Scriptures or based on the Scriptures.
4. Start your time of prayer by kneeling/sitting somewhere and quieting your heart before God. Pray this prayer out loud or in a whisper, if possible, although some people would rather pray quietly in their hearts. Take the full 30 minutes and repeat this prayer. Pray with your whole being each time. Do not chant or simply repeat it. It is not about emptying your mind. Ask the Lord to fill your whole being with Himself.
5. Pray this prayer until you can pray it with your whole being. Focus on each word of the prayer, because every word has a specific significance and every word accentuates something else. Sometimes there may be a few minutes of silence. Continue praying the prayer over and over again. Do not go on and pray other prayers, pray only this one prayer.
6. You can easily teach your children these prayers. Encourage them to do the same as you do, but for a shorter time, e.g. 5-10 minutes.
8. Whenever you read the Bible formulate one or two "simple prayers" (one sentence prayers) from every chapter or portion that you read and pray them.

Examples of prayers that you may use

Jesus Christ, Son of God, have mercy on me. (Luk.18:38) *He called out, "Jesus, Son of David, have mercy on me!"* (Luk.18:13) *But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, 'God, have mercy on me, a sinner.'*

God of Israel, I pray that You would bless me and enlarge my territory. Let Your hand be upon me and keep me from harm so that I will be free from pain. (1 Chron.4:10) *Jabez cried out to the God of Israel, "Oh that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain." And God granted his request.*

Father, fill me with all the fullness of God in Christ Jesus. (Col.2:9-10) *For in Christ all the fullness of the Deity lives in bodily form, and you have been given fullness in Christ, who is the head over every power and authority.*

Father, let Your Kingdom come. (Matt.6:9-10) *"This, then, is how you should pray: 'Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven.'"*

My Lord and my God. (John 20:28) *Thomas said to him, "My Lord and my God!" Lord, I choose to be still and know that You are God. (Ps.46:10) "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."*

Not one of Your words is without power. Nothing is impossible for You. (Luk.1:37). *"For nothing is impossible with God."*

Lord, baptise me with the Holy Spirit and fire. (Matt.3:11) *"I baptise you with water for repentance. But after me will come one who is more powerful than I, whose sandals I am not fit to carry. He will baptise you with the Holy Spirit and with fire."*

Holy Spirit, You are my Helper (Rom.8:26-27) *In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will.*

A few other simple/meditative prayers:

Lord Jesus, You are all my reasons.

Lord Jesus, You are enough.

My God, my all. (Franciscus of Assisi)

Have Your way with me Lord, have Your way.

Lord Jesus, change me into Your likeness.

Lord, I surrender my will to You.

Father, You are my only desire.

Father, let me not live to be useless. (John Wesley)

Lord Jesus, You are all I need.

Lord, grant me to know You.

Lord, show me mercy as You know best. (St. Macarius)

God, come to my assistance. (St. Macarius)

Lord, deliver me from myself.

Lord, enable me to do Your work.

Father, my only desire is to glorify You.

Lord Jesus, You are my only security.

Lord God, I want to be strong in You.