

Prayer and worship

Prayer is the communication of an individual or group of people with God. This may sound like a daunting prospect for people who have not prayed before. However, there is no right or wrong way to pray.

Individual Prayer

Individual Prayer can take any form, can take place at any time, and is part of a personal relationship with God. Some people find reading Bible passages, or written prayers helps them to pray. Some people simply talk to God in the same kind of way as you would a family member or friend. Some, do not use words at all, their prayers are mental images of people or situations in life. Sometimes our only way of praying is to be totally dependent on God, when words and phrases are too much to try to use. Some people pray on the train on the way to work, some have a set time at home in the evening, some pray by candlelight - in short - anything that helps to talk and listen to God.

Praying with others

People pray in a variety of ways: on their own, out loud or with others at home, in a group setting or in church. The kind of prayer people experience in church often takes the form of a litany (written and responsive prayer which the congregation and priest or vicar will read) or can be a prayer which is listened to by the congregation while the worship leader speaks or reads the words. There are often times of silence within these prayers, allowing people to think of particular situations that require God's help, or that are personal to them.

It can help to think about prayer using the acronym ACTS.

- Adoration - when we think about the greatness of God and all he has done for us
- Confession - when we think about how we have sinned against God or hurt other people by what we have said or done, or did not say or do that may have been helpful
- Thanksgiving - when we thank God for all we have and especially the gift of Jesus, his Son and Supplication, or intercession, when we think about the needs of others
- Supplication - or intercession, when we think about the needs of others

['Learn to pray'](#) at the Church of England's main website.