



NAME

DATE

COMMUNAL PRAYER

My rhythm for praying with others be ...

Include here public worship and any other ways you will pray - in a prayer group or with friends.

PERSONAL PRAYER

My daily routine for prayer will ...

Include here the times and places when you will pray each day.

The content of my prayer will be ...

Include here the format of prayer you will use, for example praying the Office, praying with Scripture using an App or using your own shape of prayer.

TYPES OF PRAYER

Write here how you will incorporate in your prayer life the following types of prayer:

THANKSGIVING (Expressing thanks to God)

CONFESSION (Naming sin before God)

INTERCESSION (Asking God)

SILENCE (Listening to God)

OTHER *Include here anything else you want to put into your Rhythm of Prayer which has not been included above:*



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