

Prayer Resources

DelBene, Ron, The Breath of Life: A Simple Way to Pray. Eugene, Oregon: WIPF & Stock, 2005.

Great introduction to the breath prayer, its history, its meaning for us today and the process of finding one's breath prayer.

Brown, Patricia D., Paths to Prayer. San Francisco, CA: Jossey-Bass, 2003.

This book looks at over forty ways to pray through which the reader can develop a richer prayer life and connect more fully with the presence of God in their everyday activities.

MacBeth, Sybil, Praying in Color: Drawing a New Path to God. Brewster MA: Paraclete Press, 2007.

If you think you can only pray with head bowed and sitting still – and find that very hard, you will want to check out *Praying in Color*. MacBeth leads readers through a way of praying while drawing, or doodling prayers. A great way to focus on prayer while also creating “beautiful” unwritten prayers.

Vennard, Jane, A Praying Congregation: The Art of Teaching Spiritual Practice. Herndon VA: Alban Institute, 2005.

If you are interested in doing more prayer within your congregation this book is a good resource. You may want to check out other books by Jane Vennard as she has written a number on prayer, including **Praying with Body and Soul**.

Another resource:

If your congregation would like to host a workshop on prayer you may want to look at the Fresh Air Prayer module, ***Deepening the Congregation's Prayer Life***, offered by the Spiritual Formation Initiative of the New England Conference (SFI). Fresh Air is a workshop that runs about 3 to 3-1/2 hours which is facilitated by a member of SFI. For more information check out “Spiritual Formation” under “Leadership and Learning” on the Conference website, www.neumc.org.