**Sally Dakin: ‘Hands-on Prayer’**

**Creative Prayer Workshop re Novena 2017**

*A snapshot of spiritual styles, and some very practical suggestions.*

*Grove booklet S107 ‘Praying with Stuff’*

*& three John Pritchard books on bookstall*

*Rule of Life leaflets & flyers available*

*my email address on* ***flip, pens; business cards***

***101 Prayer ideas*** *on chairs*

**Intro**

- **Tents on the Green:** ask me afterwards

**- Dio RoL:** materials available after – *RoL leaflet & flyer*

**Theory**

- two questions, each with two options:

*Head or Heart? Five senses or ‘Sixth Sense’?*

- generates four possible combinations,

ie. spiritual styles

(Corinne Ware’s ‘Discover your Spiritual Type’)

- **Head, Heart, Hands, Hunch** on flip

- can simply use the four poles as a **checklist**

for any prayer/worship we lead

- my definition of **prayer:** ‘two-way communication with God’:

- **Sorry, Thank you, Openness, Please** on flip

- another **checklist** for any prayer/worship we lead

**Practice: prayer with hands**

- relaxation – simply breathe out...

**- SORRY:** what I’ve done/failed to do with my hands...

we receive God’s forgiveness

**- THANK YOU:** five fingers, five senses, five blessings...

**- OPENNESS:** hands open/closed/palms down to let go,

then open to receive...

**- PLEASE:** find radial pulse, pray for someone who’s dying,

near or far...

*- [if time]* **Lord’s Prayer** with hands – I lead slowly, alone

(keep elbows to sides; can use head)