

## Growing Spiritually as an Elder

# Moving Prayers

### Disciples Pray

*Moving prayer is something reported in the works of Thomas Merton and Richard Foster, to name just two. In essence, the person praying walks through an area with people and prays in the silence of their own heart for each person they walk by. Start this process in an area where you will not encounter hordes of persons at a time. As you get more proficient in this type of prayer you can use it in more crowded settings.*

- 1) You may pray for peace for each person you pass by saying the word peace internally as you see them, or by seeing them enveloped by God's peace as you pass them. You can use words like joy, hope, salvation, love, rebirth, Jesus.
- 2) You may pray for healing as you walk by folks, envisioning them in the white light of God's healing power.
- 3) You may pray for persons in the following places while you sit in a lobby or other place with a view and watch people pass.
  - 1) Hospital/clinic
  - 2) Church
  - 3) School/college/day care center
  - 4) Courthouse
  - 5) Grocery Store or Mall
  - 6) Street — cars or pedestrians
  - 7) Movie Theater
  - 8) Airport/bus station/train station
  - 9) In essence — you can do this anywhere!

