


Growing Spiritually as an Elder

Resting Prayers

Disciples *Resting prayers are meant to increase awareness of the*
 **Pray** *presence of God. Below are several suggested methods for*
prayers of resting in God's love.

Breath Prayers

- 1) Using a scripture, breathe in slowly on one phrase and out on the second phrase. For example: (breathing in) This is the day, (breathing out) my God has made.
- 2) Slow your breath down and listen to it carefully as God's voice and love in you. Understand that God speaks to us in sound and silence. Notice the balance of these two realities in your breath. Do this as a group, and set a timer to mark the end of prayer or have a member ring a bell when time is up.
- 3) Slowly, deeply breath while listening to music of faith. Feel the music in your breath. Know God's love in presence and power.

Water Prayers

- 1) Using the sound of running water, with a fountain, river, ocean, on tape, listen for the silence and the sound dancing together. Hear God's peace in the sound. Remember your baptism and the baptism of the saints that came before you and those that will follow you. Rest in the communion of saints. Call them up by name.
- 2) Foot washing or hand washing prayers can be very meaningful. The early disciples did this for one another. With quiet music, silence or scripture, pour water over each other's hands and listen to it, feel it. Thank God for the partnership we have in the gospel. Look the other person(s) in the eye while offering or receiving cleansing.