

Living Well

FOR SENIORS, OTHER ADULTS AND TEENS

Prayer and Meditation

Learn to...

- Meditate
- Talk with God
- Reflect on the Lord's Prayer
- Write a personal prayer
- Use prayer to forgive

"Be still and know that I am God."

- Psalm 46:10

"This, then, is how you should pray: 'Our Father in heaven...'"

Matthew 6.9 NIV



Use meditation to prepare for prayer by quieting *your* thoughts and opening your heart to the sacred.

Do you want to talk with God? If so, instead of reading or reciting something, share *your* thoughts with God. Then listen.

The *Satisfaction Skills* can help you to meditate, or have a conversation with God. Each skill offers a different type of prayer. But when you use them together, you open your heart to a deeper relationship.

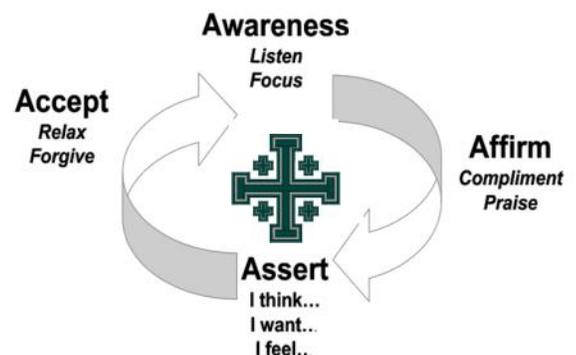
Awareness and Meditation can open your mind to the blessings, love and goodness that surrounds you now. Rest your mind on your breath, a sacred thought or God's presence in the present ...and gently return to your focus when your mind drifts.

The *Focusing* video on our website can help you get started.

Affirmations -- praising the wonders of creation and miracles of life -- are an uplifting form of prayer. For example: "Thank you!"; "Wow!"; "Lord of Creation"

Assertiveness can be used to prayerfully describe your needs and feelings, and place them in God's hands. Try asking for peace of mind, wisdom or courage.

Acceptance is the recognition that we do not have the wisdom to predict or understand God's will (e.g., as expressed in prayers like: "Thy will be done"). It helps us to trust, relax, forgive and be open to the blessings we do have. Or just sit in God's presence and listen.



It is most helpful to use *all* the satisfaction skills in our prayers,
just as it's most helpful to use *all* of these skills in our personal relationships.

Think about how Christ instructed us in *The Lord's Prayer*. Notice that this prayer uses *all* the satisfaction skills, not just one or two of them. Pause after each phrase. Thus, try to include all of them in your prayers.

Then, *rewrite the Lord's Prayer using your own words*:



- Our Father, who art in heaven (AWARENESS)
- Your name is holy (AFFIRMATIONS)
- Give us our daily bread (ASSERTIVENESS)
- Thy will be done (ACCEPTANCE)

Spend a few minutes using awareness to meditate. Then write your own prayer to God using this outline

- Awareness (Where is God? ...His love? ...and His grace in your life?)
- Affirmations: (Express your thanks, praise and amazement!)
- Assertiveness: (Tell God what you want and need. Ask for help)
- Acceptance (Relax, trust and forgive)



Do you think that the same skills that can help you to meditate and pray can also help you to forgive yourself,? ...others? ...God?

So What? How has meditation or prayer helped, or hurt, your relationship with God? Have this deepened over time. Are your prayers a dialogue or a monolog?

Now What? What do you want from prayer? Has your prayer changed over time? Do you need to change how you pray? Who can help you to deepen your relationship with God?

© Center for Health Management, 2014 - www.BeingYourBest.org

May be copied without permission by churches in the Upper New York Conference of the United Methodist Church
www.ChooseToLiveWell.org
or the Upstate New York Synod of the Evangelical Lutheran Church of America
www.NEFOSA.org