

a better way to pray free

a better way to pray free is a concept that is transforming lives by reshaping how people approach prayer. Many individuals search for guidance on effective prayer, longing for spiritual growth, answers to their deepest needs, and a closer relationship with God. This article explores a better way to pray free—unveiling practical techniques, biblical foundations, and common misconceptions. Discover the power of intentional, faith-filled prayer, and learn how to overcome obstacles that may hinder your spiritual journey. Whether you are new to prayer or seeking to deepen your practice, this comprehensive resource offers actionable insights and steps to help you connect with God more meaningfully. Read on to uncover the keys to breakthrough prayer and how you can access a better way to pray for free.

- Understanding a Better Way to Pray Free
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Understanding a Better Way to Pray Free

A better way to pray free is an approach that encourages believers to move beyond rote repetition and mechanical rituals. Instead, it focuses on meaningful communication with God, rooted in faith and understanding. Many people struggle with unanswered prayers or frustration in their spiritual life because traditional methods sometimes lack personal connection or scriptural grounding. Embracing a better way to pray means discovering how to align your heart and mind with divine principles, resulting in a more effective and fulfilling prayer experience. This method is accessible to everyone, offering practical tools and biblical insights without financial barriers.

Biblical Foundations of Effective Prayer

The Bible provides clear guidance on how to pray effectively. Jesus Himself taught His disciples to pray with sincerity, faith, and confidence. Understanding these biblical principles is essential for anyone seeking a better way to pray free.

Jesus' Model for Prayer

The Lord's Prayer, as recorded in the Gospels, serves as a foundational template for believers. It emphasizes honoring God, seeking His will, requesting daily needs, forgiving others, and asking for spiritual protection. Rather than a formula, it demonstrates the importance of authenticity and relationship in prayer.

Faith and Expectation in Prayer

Scripture repeatedly highlights the necessity of faith when approaching God. Praying with expectation, trusting that God hears and responds, is a key ingredient in effective prayer. Hebrews 11:6 states that "without faith it is impossible to please God," underscoring the critical role of belief in the prayer process.

Common Misconceptions About Prayer

Many people hold misconceptions about what prayer is and how it works. These misunderstandings can hinder spiritual progress and create unnecessary frustration.

- Prayer is not a bargaining tool to manipulate God's will.
- Lengthy or repetitive prayers do not guarantee better outcomes.
- Prayer is not limited to specific places or times.
- Using special words or formulas is not required for God to hear you.
- Prayer is not a substitute for action—faith and works go hand in hand.

Recognizing and correcting these misconceptions is vital for anyone seeking a better way to pray free. Effective prayer begins with understanding God's character and approaching Him with humility and openness.

Practical Steps to Pray in a Better Way

Transitioning to a better prayer life involves practical changes in both mindset and method. Anyone can adopt these steps to unlock the benefits of a better way to pray free.

Prepare Your Heart and Mind

Begin by setting aside distractions and focusing your attention on God.

Creating a quiet environment helps foster genuine communication and spiritual sensitivity.

Pray with Sincerity and Honesty

God values authenticity in prayer. Speak from your heart, expressing your feelings, fears, hopes, and gratitude. Avoid empty phrases or recitations that lack personal meaning.

Align with God's Word

Praying according to biblical promises ensures that your prayers are aligned with God's will. Study Scripture to understand what God desires and incorporate those truths into your prayers.

Listen as Well as Speak

Prayer is a two-way conversation. After sharing your thoughts, take time to listen for God's guidance through His Spirit, Scripture, or inner peace.

Practice Gratitude and Praise

Include thanksgiving and praise in your prayers. Acknowledging God's goodness and faithfulness builds faith and shifts your perspective.

Benefits of a Better Prayer Approach

Adopting a better way to pray free yields transformative benefits for individuals seeking spiritual growth and connection.

- Deeper intimacy with God through honest and open communication
- Greater clarity and direction in life decisions
- Increased peace and reduced anxiety
- More frequent and tangible answers to prayer
- Strengthened faith and resilience during challenges

These outcomes reflect the power and effectiveness of prayer when approached in a better, biblically grounded way.

Overcoming Obstacles in Prayer

Despite best intentions, many people face obstacles that hinder effective prayer. Recognizing and addressing these barriers is crucial for progress.

Dealing with Distractions

In today's fast-paced world, distractions are a common challenge. Setting aside a dedicated time and place for prayer can help minimize interruptions and foster focus.

Overcoming Doubt and Unbelief

Doubt can undermine faith-filled prayer. Strengthen your confidence by meditating on God's promises and recalling past instances where prayers were answered.

Forgiving Others

Unforgiveness can block spiritual growth and hinder prayers. Make forgiveness a regular part of your prayer life, releasing any resentment or offenses to God.

Resources to Learn a Better Way to Pray Free

Accessing quality resources can support your journey toward a better way to pray free. Many organizations and ministries offer free materials, guides, and teachings designed to help individuals grow in prayer.

- Free online prayer courses and videos
- Downloadable prayer guides and ebooks
- Biblically based podcasts and audio teachings
- Community prayer groups and online forums
- Scripture-based daily devotionals

These resources provide practical instruction, encouragement, and support, making it possible for anyone to learn and experience a better way to pray free of charge.

Q&A: Trending Questions About A Better Way to Pray Free

Q: What does "a better way to pray free" mean?

A: "A better way to pray free" refers to adopting prayer methods that are more effective, biblically grounded, and accessible to everyone without cost. It means praying with sincerity, faith, and understanding, rather than relying on traditional, repetitive rituals.

Q: How can I start learning a better way to pray free?

A: Begin by studying biblical principles of prayer, focusing on sincerity and faith. Utilize free online resources, prayer guides, and teachings to help you develop a deeper and more meaningful prayer life.

Q: What are the key benefits of a better prayer approach?

A: Key benefits include a closer relationship with God, greater peace, more frequent answers to prayer, increased clarity in decisions, and strengthened faith during challenges.

Q: Do I need to use specific words or prayers?

A: No, a better way to pray free emphasizes honest communication over memorized phrases or specific words. Speak to God naturally and from your heart.

Q: Why do some prayers go unanswered?

A: Prayers may go unanswered due to reasons such as lack of faith, unconfessed sin, unforgiveness, or praying outside of God's will. Aligning your prayers with biblical principles can help address these issues.

Q: How long should I pray each day?

A: There is no set time required. The focus should be on quality and sincerity rather than duration. Even short, heartfelt prayers can be powerful when prayed with faith.

Q: Can I pray anywhere, or do I need a special place?

A: You can pray anywhere. While a quiet place can help minimize distractions, God is accessible wherever you are.

Q: What resources are available for free to help me pray better?

A: Free resources include online courses, downloadable guides, podcasts, community prayer groups, and daily devotionals—all designed to help you develop a better prayer life.

Q: How can I overcome distractions during prayer?

A: Set aside a specific time and quiet place for prayer, turn off devices, and focus your mind on God. Practice can help you become more consistent and focused.

Q: Is a better way to pray suitable for beginners?

A: Yes, this approach is ideal for both beginners and experienced individuals. The principles are simple, accessible, and effective for anyone desiring to grow in their prayer life.

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A Better Way to Pray: Free Your Spirit and Deepen Your Connection

Feeling disconnected from your spirituality? Do your prayers feel rote, ineffective, or even burdensome? You're not alone. Many people struggle to find a truly fulfilling and meaningful prayer practice. This post offers a fresh perspective on prayer, moving beyond rigid structures and exploring a more authentic, liberating, and effective approach – a better way to pray, completely free from limitations and dogma. We'll explore practical techniques to transform your prayer life, fostering a deeper connection with your faith and inner peace.

Understanding the Barriers to Meaningful Prayer

Before diving into a "better way," let's acknowledge common hurdles many face:

H2: The Weight of Expectation:

Many feel pressured to adhere to specific prayer styles or lengths, often resulting in feeling guilty or inadequate if they don't meet these self-imposed standards. This breeds a sense of obligation, stifling the natural flow of genuine connection. We'll explore how to release these expectations and embrace a more authentic approach.

H2: The Noise of the Mind:

Our minds are often cluttered with thoughts, anxieties, and distractions, making it challenging to focus during prayer. This internal noise can prevent us from experiencing the tranquility and clarity prayer offers. We'll discuss practical techniques to quiet the mind and create space for spiritual connection.

H2: The Lack of a Personalized Approach:

Generic prayer styles may not resonate with everyone. What works for one individual might feel hollow and meaningless for another. Finding a personalized approach that aligns with your unique spiritual journey is crucial for experiencing the transformative power of prayer.

A Better Way to Pray: Practical Steps to Deeper Connection

H2: Cultivating Mindfulness in Prayer:

Instead of focusing on reciting specific words or adhering to rigid structures, try focusing on your breath. Bring your attention to the sensation of inhaling and exhaling, allowing your body to relax. This mindful approach allows you to connect with your inner self, creating a receptive space for prayer.

H3: Body Scan Meditation Before Prayer:

Before you begin, take a few minutes to perform a body scan meditation. Bring awareness to each part of your body, noticing any tension or discomfort. This helps release physical and mental tension, creating a calmer state for prayer.

H3: Guided Imagery for Deeper Connection:

Use guided imagery to visualize yourself connecting with a higher power or your spiritual beliefs. This can be incredibly effective in engaging your emotions and fostering a sense of presence.

H2: Embrace Conversational Prayer:

Think of prayer as a conversation, not a performance. Talk to your higher power as you would a trusted friend. Share your joys, sorrows, fears, and hopes openly and honestly. This approach fosters a more intimate and personal connection.

H3: Journaling Your Prayers:

Writing down your prayers can help clarify your thoughts and feelings. It allows you to reflect on your spiritual journey and track your growth.

H2: Finding Your Sacred Space:

Create a dedicated space for prayer where you feel comfortable and relaxed. This could be a quiet corner in your home, a peaceful spot in nature, or even a comfortable chair. The key is to create an environment that supports your spiritual practice.

H2: The Power of Gratitude in Prayer:

Focusing on gratitude shifts your perspective from what's lacking to what you have. Start your prayer by acknowledging and expressing gratitude for the blessings in your life. This cultivates a positive and appreciative mindset, fostering inner peace and spiritual growth.

Letting Go of the "Perfect" Prayer

The beauty of this "better way" is that there's no right or wrong. It's about finding what works best for you. Release the pressure to adhere to external expectations and embrace a genuine, personal connection with your spirituality.

H2: Consistency Over Perfection:

Regular, even short, prayer sessions are more effective than infrequent, lengthy ones. Aim for consistency over perfection. Even five minutes of mindful prayer can have a profound impact.

Conclusion:

Finding a better way to pray is a journey, not a destination. By embracing mindfulness, personalized approaches, and letting go of rigid expectations, you can cultivate a more authentic, fulfilling, and transformative prayer life. Free yourself from the limitations of traditional methods and discover the profound connection waiting to be unveiled.

FAQs:

1. Is this approach suitable for all religions? Yes, the principles of mindful prayer and personal connection are applicable across various spiritual and religious traditions. The emphasis is on creating a meaningful connection with your faith, regardless of its specific form.
2. What if I don't feel anything during prayer? It's perfectly normal to have days where you don't feel an immediate connection. Don't get discouraged. Persistence and consistency are key. Focus on the process of connecting, not the outcome.
3. How long should my prayer sessions be? There's no prescribed length. Start with short sessions

(5-10 minutes) and gradually increase the duration as you feel comfortable.

4. Can I use this approach if I'm a beginner to prayer? Absolutely! This approach is designed to be accessible and adaptable for everyone, regardless of their prior experience with prayer.

5. What if I struggle with negative thoughts during prayer? Gently acknowledge the thoughts without judgment, and then redirect your attention back to your breath or your chosen focus for prayer. It's a natural part of the process.

a better way to pray free: A Better Way to Pray Andrew Wommack, 2007 After nearly four decades of ministry, Andrew Wommack has discovered some important truths about prayer. His prayer life is much different than it was thirty years ago and the results have dramatically improved! You may be asking many of the same questions Andrew once did. Is prayer my Christian duty? Is prayer primarily about asking God to meet my needs and the needs of others? Is God's answer to my prayer based on the degree of my humility and sincerity? Is answered prayer a sovereign decision of God or do I have the ability to influence Him? Clear, scriptural answers to these questions and more could significantly change the way you pray. These principles may not be the only way to pray, but if you're not getting the results you desire, consider changing directions; maybe there is A Better Way to Pray.

a better way to pray free: A Simple Way to Pray Martin Luther, 2000-01-01 When asked by his barber and good friend, Peter Beskendorf, for some practical guidance on how to prepare oneself for prayer, Luther responded by writing this brief treatise, first published in the spring of 1535. After 500 years, his instruction continues to offer words of spiritual nurture for us today.

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Christians live in a place where...

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a better way to pray free: *Pray Big* Alistair Begg, 2019-05-01 Inspiration from the Apostle Paul on how to pray bold, exciting prayers. Inspiration from the Apostle Paul on how to pray bold, exciting prayers. So many of us struggle with prayer. Many books have been written on the subject and there's a reason for that. Prayer comes hard to most of us, in most seasons. And when we do pray, we often don't know what to say. What is it that my Father loves to hear about? What are the best things I could pray for my family, my church, and myself? This short book by renowned Bible teacher Alistair Begg combines warmth, clarity, humour, and practicality as he examines Paul's prayers for his friends in the church in Ephesus. Paul clearly enjoyed prayer, and was excited about it. He expected his Father in heaven to hear what he said, and to act in other people's lives accordingly. The truths that underpin and shape his prayers will motivate us to pray and set us an example. So be inspired by the Apostle Paul to pray bigger and better prayers as we look to our heavenly Father to do more than all we ask or imagine!

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a better way to pray free: **Where the Light Fell** Philip Yancey, 2023-03-14 In this searing meditation on the bonds of family and the allure of extremist faith, one of today's most celebrated Christian writers recounts his unexpected journey from a strict fundamentalist upbringing to a life of compassion and grace—a revelatory memoir that “invites comparison to *Hillbilly Elegy*” (Publishers Weekly, starred review). “Searing, heartrending . . . This stunning tale reminds us that the only way to keep living is to ask God for the impossible: love, forgiveness, and hope.”—Kate Bowler, New York Times bestselling author of *Everything Happens for a Reason* Raised by an impoverished widow who earned room and board as a Bible teacher in 1950s Atlanta, Philip Yancey and his brother, Marshall, found ways to venture out beyond the confines of their eight-foot-wide trailer. But when Yancey was in college, he uncovered a shocking secret about his father's death—a secret that began to illuminate the motivations that drove his mother to extreme, often hostile religious convictions and a belief that her sons had been ordained for a divine cause. Searching for answers, Yancey dives into his family origins, taking us on an evocative journey from the backwoods of the Bible Belt to the bustling streets of Philadelphia; from trailer parks to church sanctuaries; from family oddballs to fire-and-brimstone preachers and childhood awakenings through nature, music, and literature. In time, the weight of religious and family pressure sent both sons on opposite paths—one toward healing from the impact of what he calls a “toxic faith,” the other into a self-destructive spiral. *Where the Light Fell* is a gripping family narrative set against a turbulent time in post-World War II America, shaped by the collision of Southern fundamentalism with the mounting pressures of the civil rights movement and Sixties-era forces of social change. In piecing together his fragmented personal history and his search for redemption, Yancey gives testament to the enduring power of our hunger for truth and the possibility of faith rooted in grace instead of fear. “I truly believe this is the one book I was put on earth to write,” says Yancey. “So many of the strands from my childhood—racial hostility, political division, culture wars—have resurfaced in modern form. Looking back points me forward.”

a better way to pray free: *Prayer* Timothy Keller, 2014-11-04 Renowned pastor and New York Times bestselling author of *The Prodigal Prophet* Timothy Keller explores the power of prayer. Christians are taught in their churches and schools that prayer is the most powerful way to experience God. But few receive instruction or guidance in how to make prayer genuinely meaningful. In *Prayer*, renowned pastor Timothy Keller delves into the many facets of this everyday act. With his trademark insights and energy, Keller offers biblical guidance as well as specific prayers for certain situations, such as dealing with grief, loss, love, and forgiveness. He discusses ways to make prayers more personal and powerful, and how to establish a practice of prayer that works for each reader. Dr. Keller's previous books have sold more than one million copies. His Redeemer Presbyterian Church is not only a major presence in his home base of New York, it has also helped to launch more than two hundred fifty other churches in forty-eight cities around the world. His teachings have already helped millions, the majority of whom pray regularly. And with *Prayer*, he'll show them how to find a deeper connection with God.

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a better way to pray free: Praying the Right Way Chris Oyakhilome, 2005-07 God wants to answer ALL your prayers! If He had planned it any other way, He would never have required you to pray. But He'll hear and answer only when you're 'PRAYING THE RIGHT WAY.' Discover the secrets and principles of effective prayer in this concise, yet comprehensive book by Chris Oyakhilome and rid yourself of any wrong mindsets, doctrines, perceptions, practices and prayers that may have clogged the wheels of your prayer life.

a better way to pray free: How to Pray Without Talking to God Linda Martella-Whitsette, 2011-10-01 Unity minister Linda Martella-Whitsett provides a new framework for thinking about prayer that will revolutionize the lives of readers everywhere. The good news here is that you can pray without believing in God; that you can have a rich and fulfilling spiritual practice without adhering to a set of creeds or dogmas. Martella-Whitsett encourages seekers to look within rather than outside themselves for a God in the sky, for the spark of the divine that is at the core of their being. *How to Pray Without Talking to God* shows how to develop a true spiritual practice by: re-forming the words of traditional prayers; cultivating a habit of daily prayer and meditation; learning how to pray with others. *How To Pray Without Talking To God* is filled with the author's stories of her own evolving understanding of God. Each chapter includes a section called "Talk to Yourself" that poses questions for readers to write about or share in a study circle.

a better way to pray free: Dangerous Prayers Craig Groeschel, 2020-02-04 Be inspired to pray boldly, pray powerfully, pray with passion, and trade ineffective prayers and lukewarm faith for raw, daring prayers that will transform your daily life. Do you ever wonder if God answers your prayers? Do you wish you could see the evidence that prayer changes lives? Do you long for more than playing it safe in your faith? Join New York Times bestselling author Craig Groeschel as he

helps you discover the power of authentically communicating with God, breaking out of the restrictive spiritual safety bubble, and expanding your ideas about what's possible with God. The Bible tells us that prayer has the power to move God's heart, but some prayers move him more than others. He wants more for us than a tepid faith and half-hearted routines at the dinner table. God called you to a life of courage, not comfort. In *Dangerous Prayers*, Groeschel will show you how to pray the prayers that search your soul, break your habits, and send you out to pursue the calling God has for you. But be warned: If you're fine with settling for what's easy, or if you're okay with staying on the sidelines, this book isn't for you. You'll be challenged. You'll be tested. You'll be moved to take a long, hard look at your heart. But you'll be inspired, too. *Dangerous Prayers* will give you the encouragement and tools you need to: Transform the patterns around your daily prayer life Truly embrace and believe in the power of intentional prayer Start to pray daring, faith-filled, God-honoring, life-changing, world-transforming prayers You'll discover the secret to overcoming fears of loss, rejection, failure, and the unknown, and you'll welcome the blessings God has for you on the other side. But best of all, you'll gain the courage it takes to pray dangerous prayers.

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a better way to pray free: How to Pray Ruben Torrey, 2007-04-01 The question of what prayer is and how exactly one goes about praying has been vexing Christians for centuries. For this reason, R.A. Torrey's *How to Pray* is as relevant now as it was when first published in 1900. This slim volume, filled with analogies, parables, and relevant Biblical passages, contains step-by-step guidelines for anyone looking to develop a closer relationship with God. Learn the ten reasons why prayer is important, the three secrets of effective praying, the seven hindrances to prayer, the seven ways to determine when to pray, and more. Clear, succinct, and written with the lay reader in mind, *How to Pray* is a book the devout Christian can turn to again and again. American pastor and writer REUBEN ARCHER TORREY (1856-1928) traveled worldwide, evangelizing and winning converts to

Christianity. A prolific writer, his works include *Baptism with the Holy Spirit* (1895), *What the Bible Teaches* (1898), and *How to Bring Them to Christ* (1893).

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a better way to pray free: To Light Their Way Kayla Craig, 2021-10 Prayers to guide your journey of raising kids in a complicated world. In an age of distraction and overwhelm, finding the words to meaningfully pray for our children--and for our journey as parents--can feel impossible. Written with warmth and welcome, *To Light Their Way* gives voice to your prayers when words won't come. Filled with more than 100 modern liturgies, this book guides you into an intentional conversation with God for your children and the world they live in. From everyday struggles like helping your child find friends or thrive in school to larger issues like praying for a brighter world rooted in peace and truth, these pleas and petitions act as a gentle guide, reminding us that while our words may fail, God never does. At the core of *To Light Their Way* is the deepest of prayers: that our children will experience the love of God so deeply that their lives will be an outpouring of love that lights up the world.

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parents still uncertain? Why do we live in fear? Why are we losing our children in record numbers? What can we do about it?

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a better way to pray free: My Heart, Ever His Barbara Rainey, 2020-03-31 As we search for meaning in our world of shallow online relationships and glamorized selfies, many are returning to traditional and liturgical churches. The repeated words, benedictions, and historic hymns connect us to saints who have gone before, giving us a sense of belonging, richness, and transcendence. Written prayers, once cast off as archaic, are now welcomed as guides to tune our hearts to the heart of God. In My Heart, Ever His Barbara Rainey shares 40 prayers for women. They can meditate on one prayer throughout the week or read a prayer a day for 40 days as a way to express the longing of our hearts to our Father who loves us even as he sees who we truly are. Like the psalms of David, these prayers are honest, sometimes raw. Barbara uses these transparent expressions of common experiences to encourage us to surrender to Christ and help us see God as he is, not as we assume him to be. My Heart, Ever His provides a stepping-stone to help you become more transparent with God and discover his welcoming embrace.

a better way to pray free: Dance, Stand, Run Jess Connolly, 2017-10-24 A more abundant life is within your reach. Join Jess Connolly as she casts a fresh vision for how to break free of cheap grace and empty rule-keeping and change the world rather than be changed by it. Grace is always good news, but it's not cheap. True grace compels us to change, and that's where holiness comes in. Jess Connolly--beloved writer, speaker, business coach, coauthor of Wild and Free, and author of You Are the Girl for the Job--will be the first to admit that not long ago, like many women, she embraced God's grace, but found herself forgetting holiness altogether. Dance, Stand, Run charts Jess's discovery that holiness was never meant to be a shaming reminder of what we should do, but rather a profound privilege of becoming more like Christ. In Dance, Stand, Run, Jess shares the truth that changed her life and her faith forever: once we've gripped the grace that Jesus has given us by faith and planted our feet on his holy ground, we become ambassadors of life, hope, truth, and love. Jess will give you the encouragement you need to finally: Claim your identity as a holy daughter of God Live out your holy influence with confidence before a watching world Discover your true purpose Dance, Stand, Run is an invitation to God's daughters to step into the movements of abundant life: dancing in grace, standing firm in holiness, and running on mission.

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a better way to pray free: The Valley of Vision Arthur Bennett, 2002

a better way to pray free: 7 Ways to Pray Amy Boucher Pye, 2021-09-14 For Christians, prayer is the main way we communicate with God - but what can we do when we struggle with the question of how to pray or feel our prayer lives are lacking? Seven Ways to Pray explores how by looking to ancient prayer practices of Christianity, we can find fresh ways to relate to God today. Discovering

these tried and tested tools will not only strengthen our relationship with him but will bring us joy, contentment, growth and transformation. With warmth and encouragement, Amy Boucher Pye takes us through seven ways to pray to God: praying with the Bible, receiving and extending forgiveness, practicing God's presence, listening prayer, the prayer of lament, praying with the gospels imaginatively and the prayer of examen. Guiding us through their history, she shows us how easily we can make these prayer practices part of our lives and use them to grow closer to God. Along with prayer exercises to help us engage directly with God, there are questions for individual reflection or small-group discussion, making *Seven Ways to Pray* perfect to use as a family, in churches or with friends. This is a book for anyone who has ever wondered how to pray or is looking for ways to revitalise their prayer lives. It will give you an understanding of some of the oldest prayer practices of Christianity, and equip you with the tools you need to renew and refresh your relationship with God. Come along, and discover *Seven Ways to Pray*.

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a better way to pray free: Are You Satisfied with Jesus? Andrew Wommack, 2020-06-10

a better way to pray free: *The Little Book of Prayers* David Schiller, 1996-10-01 The perfect gift for seekers, the curious, and the spiritually hungry, *The Little Book of Prayers* now has a stunning new cover and a more prayer book-like format. Gathered from holy books and prayer books, from songs and spirituals, spoken traditions and poets, it is an unexpectedly approachable collection of common and uncommon prayers from around the world. The entries, one per page or spread, are chosen for their depth of feeling, beauty of expression, spiritual intensity, and sense of the universal. The book is organized into broad categories of praise, entreaty, contemplation, mourning, and grace; and two indexes—one by authorship, and the other by topic—make it immediately accessible. There are familiar prayers, like the Lord's Prayer and 23rd Psalm, which, placed in new context, shine with a renewed beauty and wisdom. You'll find prayers unfamiliar to many in the West, such as the "Opener" from the Koran or the four vows of the Bodhisattva, chanted every evening in Zen monasteries around the world. And the surprising—from the "Prayer of the Unknown Confederate Soldier" to the blues of Lightnin' Hopkins to the poetry of Rumi. God help us to live slowly: To move simply: To look softly: To allow emptiness: To let the heart create for us. Amen. —Michael Leunig You, whose day it is, make it beautiful. Get out your rainbow colors, so it will be beautiful. —Nootka Song

a better way to pray free: Healing Francis MacNutt, 1997 The million-copy bestselling introduction to the healing ministry, re-issued with a beautiful new cover. Does healing happen today? Why is there prejudice against the healing ministry? Why are some people not healed? These topical and vital questions are just some of the issues addressed by Francis MacNutt in *Healing*. A wideranging and broad-based overview, it is essential reading for all involved in the healing ministry. 'Prayer for healing is so central to the gospel, ' writes MacNutt, 'that it should be an integral part of the life of every community of believers. My heart cries out to see it restored to the place it had in the early Christian church.

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