



WAY OF LIFE

A PATTERN FOR CHRISTIAN LIVING

**DISCIPLESHIP
RESOURCES TO AID
YOUR PRAYER LIFE**



DIOCESE OF TRURO

DISCOVERING GOD'S KINGDOM
GROWING THE CHURCH

COMMITTING TO PRAYERFULNESS

“We want to be a community that knows God and converses with him in prayer.”

Because each of us is called to prayer by God, who knows us and loves us, we long to develop prayerfulness in our own lives and in the life of the church. But sometimes prayer is a struggle, it feels dry and empty. It's hard to admit that we experience difficulties with this key element in our relationship with God.

We hope that the suggestions offered in this leaflet will encourage and enable you as you seek to develop and deepen your prayer life.

WAY OF LIFE PRAYER

Eternal God,
your Son Jesus Christ
is the way, the truth and the life
for all creation;
grant us grace to walk in his way,
to rejoice in his truth
and to share in his risen life;
who lives and reigns with you and the Holy Spirit,
one God now and forever.
Amen.

THINGS TO HELP YOU PRAY

A Simple Pattern for Daily Prayer

Way of Life: A Form of Prayer

Leading the Way: Prayer - conversing with God.

A 1 session resource for use by small groups or individually, in conjunction with Prayer - A Simple Guide. All can be downloaded from the Discipleship area of the Diocesan web site.

Prayer - A Simple Guide.

A free professionally printed resource available from Shelley Porter simply email shelley.porter@truro.anglican.org

HELPFUL BOOKS

How to Pray John Pritchard

Prayer Richard Foster

Learning the Language of Prayer Joyce Huggett

How to Pray Alone, with others, at any time, in any place

Stephen Cottrell

Listening to God Joyce Huggett

The Little Office Book Angela Tilby

Prayer: Volumes 1 and 2 Simon Tugwell

The Rhythm of Life David Adam

The Art of Prayer Timothy Jones

How to pray when life hurts Roy Lawrence

The lost art of meditation Sheila Pritchard

Praying with Creation Alison Morgan



APPS

Reflections for Daily Prayer Following the Common Worship lectionary, the Reflections for Daily Prayer app allows you to read and reflect every day on the same passages as thousands of Anglicans worldwide.

Android and iPhone/iPad:

PrayerMate Christian Prayer app for iPhone & iPod Touch that allows you to organise your prayer life.

Pray As You Go Daily reflections and extra prayer resources, you Available for both Android and iOS devices.

There are many other prayer apps available.

WEB RESOURCES

Learn to pray www.churchofengland.org/prayer-worship/learnpray.aspx

Daily Prayer www.churchofengland.org/prayer-worship/join-us-in-daily-prayer.aspx

Just Pray www.justpray.uk

Sacred Space www.sacredspace.ie

3 Minute Retreats www.loyolapress.com/3-minute-retreats-daily-online-prayer.htm

Daily Office Northumbria Community

www.northumbriacommunity.org/offices/how-to-use-daily-office/

24-7 Prayer <https://www.24-7prayer.com/helpmepray>

Creative Prayer

www.methodist.org.uk/prayer-and-worship/creative-prayer

Big Fat Toothbrush

bigfattoothbrush.com/2013/05/12-creative-prayer-ideas/

Hope Together

www.hopetogether.org.uk/Groups/257119/Prayer_Resources.aspx

Thy Kingdom Come thykingdom.co.uk

Faith in Homes www.faithinhomes.org.uk/

COURSES

EXPLORING THE WAY OF LIFE A six session resource for small groups.

PRAYING ON THE WAY A six session resource for small groups.

Both available from our website or from Shelley Porter

PILGRIM The Lords Prayer Church House Publishing

THE PRAYER COURSE Six video based sessions on the Lords Prayer
www.prayercourse.org/



FURTHER RESOURCES

If you have been inspired by this leaflet and want to know more about the Way of Life, praying or Faith please visit our website:

www.trurodiocese.org.uk

or follow us on
social media



Truro Diocese



@DioTruro

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