**How to Pray ‘Creatively’ for one hour**

**Sara Simpkins offers the following idea:**

*Don’t start your hour ‘cold’. If you are going to do this, then you need to set aside 10 minutes or so at some point in advance, to do some preparation.*

*Get a pen and 12 pieces of paper about the size of a postcard.*

*Look at the 3 resources that Stephen has mentioned on the Prayer page of the website 1. Holy Trinity Prayer Diary 2. Week of prayer for Christian Unity website link 3. Christian Medical Fellowship daily prayer diary for the NHS and frontline workers*

*On each sheet of paper write down a topic that catches your attention and add any notes about that topic - so you should end up with 12 different topics*

*At the start of the hour, place your 12 pieces of paper face down beside you, along with a notepad and pen.*

*Turn over one piece of paper and pray about that topic for 5 minutes. Remember that you don’t have to talk for the whole time – it is good to listen!*

*When you are praying, various thoughts may cross your mind. It may be people who you feel prompted to ring up – or something you need to add to your grocery list! Whatever it is, just jot it down on the notepad so you don’t forget, and move on.*

*When you feel that you have prayed and listened about that topic, (Don't look at the clock every time!) turn over another piece of paper.*

Having done this in a small prayer group, we often found that we ended up running out of time rather than running out of things to pray!