

Resting in God's Presence

Take several slow, deep breaths. As you inhale, let it be a breathing in of God's blessings. As you exhale, let it be a breathing out of tensions, worries, and distractions. Don't force it or try too hard, but simply relax and rest in God's presence.



Labyrinths

The Finger Labyrinth (which can be found on the table) The Labyrinth outside (Exit out the patio doors; you'll find the labyrinth in the woods behind the education building.)

Some possible approaches to praying the Labyrinth include:

1. Think of the journey in three parts:
 - **The Way In:** Let your mind quiet, let go of all that burdens you.
 - **The Center:** Spend some time open to what God may want you to hear or feel.
 - **The Way Out:** Be open to integrating this experience, what God is calling you to do, into your life.
2. Take a question of discernment into the Labyrinth and be open for guidance. This may come in the form of a feeling, an image, a word or phrase.
3. You may wish to use a breath prayer—a short prayer repeated over and over, as you walk or trace the finger Labyrinth.



Welcome to PHPC's Quiet Prayer Place!

We hope you leave here renewed and filled with a sense of God's presence.

Feel free to use the provided prayer shawls while you pray. These were created by the group "A Stitch and a Prayer". As they knit and crochet, they pray that those persons who will eventually be wrapped in these shawls will also be wrapped in God's healing, wholeness, and hope. If it would bring comfort, please take a shawl with you.

Prayer Requests

Using the provided cards, we invite you to leave your prayer request. You are also invited to take someone else's prayer request (left in the box on the table) and pray for them. You may find that praying for others changes your own personal prayers.

Praying for the World

Lift your heart to God, as you lift up the concerns of those who are

- Sick
- Grieving
- Unemployed
- Homeless
- Religious Leaders
- Refugees
- Caught in war
- Local and national government officials
- Recovering from natural disasters
- The Church



Breath Prayers

Break each verse into two parts so that you pray the first half of the phrase as you inhale, and then prayer the second half of the phrase as you exhale. Repeat the same breath prayer at least 3-5 times.

While many Bible verses can be prayed this way, here are few to get you started.

- ✂ God's love is never-ending.
- ✂ I will give thanks to the Lord with my whole heart.
- ✂ The Lord is my rock, my fortress, my deliverer.
- ✂ The Lord is my shepherd, I shall not want.
- ✂ To you, O Lord, I lift up my soul.
- ✂ Make me to know your ways, O Lord; teach me your paths.
- ✂ The Lord is the stronghold of my life.
- ✂ God is our refuge and strength.
- ✂ Be still, and know that I am God.
- ✂ Create in me a clean heart, O God.



Classical Prayers

Sometimes we need the words of others to pray. You are welcome to take the sheet of classical prayers with you. There are also additional prayers in the red book near the red finger labyrinth.

Prayer Bowl

In the wooden prayer bowl you will find brief words of encouragement. Please take one with you, if you like.

