

24 Actions In Extended Prayer

Man is not just a brain. He is made up with three separate and distinct parts that make him whole; body, mind, and spirit (emotions). All three of these human aspects need to be involved in the prayer experience. The following chart is a reminder of these three ingredients and hint at ways to involve them in the experience of extended prayer.

Spirit	Silence	Sing	Weep	Smile	Long for	Nap	Groan	Laugh
Mind	Read	Study	Memorize	Meditate	Examine	Search	Write	Count
Body	Sit	Walk	Pace	Stand	Kneel	Bend	Prostrate	Lay on back

As you spend time in prayer consciously vary your experiences between body, mind, and spirit. Don't just be a prayer-sitter and prayer-thinker. There are eight in each category. To be sure, you can think of others. This gives your 24 actions, attitudes, and physical expressions to share with the Lord during extended prayer times. At the end of a 2 or 3 day retreat check to see what have been your experiences with God. If you find your are too cerebral, and very sedentary, then you know how to adjust your experience to reflect a well balanced prayer time.

Why is it important to vary one's experience in prayer?

Ruts. Ruts tend to fill with water and get soft, muddy, and we tend to get stuck in the same position. Ruts breed stagnation and spiritual disease. Prayer should be fresh like a mountain spring, ever cool, refreshing, gushing from deep within. It is never superficial. It is never to be run-off water that just skims the surface. Spirit led prayer is deep. Deep calls unto deep. Out of his belly shall flow rivers of living water.