

Going Deeper Ideas

As you become more comfortable spending time in adoration, you may want to try some other prayer techniques/activities to have variety or go deeper with your relationship with God. These ideas were taken from Vinny Flynn's book, *21 Ways to Worship*. Boston: MercySong Ignatius, 2012.

Dealing with Distractions – A common problem that many experience is distractions during prayer. If you have distractions, allow your mind to picture the item for a few seconds and then let it pass along. Move on to the next item like a slideshow (in your mind) until the distractions are gone.

Tabernacle Prayer - Visualize going into the tabernacle and being in God's presence. Feel the closeness of the presence of Christ in the Eucharist. Unite with Him and allow the peacefulness of “being” in the tabernacle to shut out your burdens and worldly cares.

Prayer Slideshow – Create your own images of people and situations who need prayer. Ask God to hold them in His heart. No words are necessary but if you like, pray with a word or simple phrase before you move on to the next slide.

Blank Screen Prayer – This is different from the slideshow prayer techniques, where you are creating the images in your mind. In the blank screen prayer, you are letting the mind become as blank as possible. Be quiet, still and patient as you try to let your mind become blank. Wait to allow God to fill in the blank screen with who or what to pray for. Allow the images to come when they will and pray silently. If images do not come, do not force them. Just be with God.

Praying Now - Be present to God and be personal. It is important during this one-on-one time with God to stay in the moment (not in the past or future) but in the “here and now.” Share with God what you are thinking and feeling right now.

Praying Then in the Now – For God there is no time. We are the ones limited by time and space. This technique has us pray now while calling to mind past circumstances and people to pray for. Example: You learned weeks later of someone dear to you who has passed away and you want to pray for them while they were dying. Pray for them now as though you were praying at that particular time. This prayer technique can also be used to comfort and console Jesus during His agony, scourging and suffering on the cross. “Every time you sin, you hurt Him; and every time you do something good, you comfort Him. This is the power you have to affect Christ's suffering, and it can be especially fruitful during Adoration. That same Christ who hung on the cross is present with you during your time of Adoration; and everything you think, say, do, and pray was present to Him when He was on the cross.” (Flynn, p. 92)

Unloading – When you feel overwhelmed or weighed down, acknowledge the situation, admit your powerlessness, and give it to Jesus. With unloading, some people feel more peace if they visualize actually handing their burdens to Jesus or placing all their burdens in a big truck that hauls them away. Empty yourself by giving your worries to God and build your trust in Him.

Ask for Grace – God is always willing to give grace. Ask for it for yourself and others and ask for the graces that have been refused by others.

Write in a Journal - Identify where you are in life and how you feel. What is on your mind? What do you want to share with God? Consider starting a journal. Thank God and write out the many blessings He has bestowed on you.