Prayer Resources

from the NCCUMC Media Center

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Purpose: The resources included in this subject guide focus on the history and practice of Christian prayer. They could be used to observe a National, Global, or Church holiday of prayer, for a prayer group at your church, or for a regular Bible study or Sunday School class.

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Subjects and Keywords
Search for these subjects or keywords in the Media Center catalog:

Subjects
Prayer

Keywords
Pray
Meditation

Electronic Resource Keywords
Click on these words at http://nccumc.org/mediacenter/electronic-resources to find electronic resources related to this subject.

Prayer

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**Video Resources**

**DVD55  Questions of Faith I**
The classic first volume of this series now available on DVD. It presents a variety of contemporary thinkers and religious leaders discussing faith questions. For use in small groups as discussion starters. Questions asked: Who Is God?, What Good is Prayer?, What's God Got to Do with Evil?, What's Being Good, Good For?, Who Needs Organized Religion?, What Matters Anyway?

**DVD132  The Four Acts of Prayer**
We Speak; God Listens; God Speaks; We Listen are The Four Acts of Prayer. Walter Wangerin explains with stories these vital elements of a complete circle of praying. Eight sessions are outlined for studying the material presented in the video.

**DVD178  The Natural Way of Prayer**
Are there rules and guidelines to the right way to pray? James Miller explains some thoughts about these conversations with God. "Be in your heart", "Be Receptive", and "Be Honest". Practical suggestions for prayer are provided for each of these guidelines.

**DVD228  Deeper Connections: The Prayers of Jesus**

**DVD240  Prayer: Does it Make Any Difference?**
Six sessions on our relationship with God. A leader's guide and an example of the participant's book are included. The sessions are: The View from Above, Why Pray?, Keeping Company with God, How to Pray, Prayer Problems, and Does Prayer Change Anything?

**DVD249  Nooma: Open**
Many of us have experienced situations where we've prayed and it felt like God wasn't listening. And yet, other times we've prayed or known someone that prayed and the situation changed. Does God answer prayer?

**DVD314  Praying with the Body: Bringing the Psalms to Life**
Popular retreat and workshop leader Roy DeLeon guides you step-by-step as you discover how to use motion, together with the vibrant words of the Psalms, to reinvigorate your daily prayer life. This informative, practical DVD will guide you through the process of Praying with the Body as it is detailed in Roy DeLeon’s book (comes with the DVD). Each of the ten sessions includes an invocation, holy reading,

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silent reflection, and other easy-to-learn practices. For those who are older, or physically challenged, many of the movements in this video can be followed from a sitting position. Watch a sample video at: http://www.paracletepress.com/praying-with-the-body-dvd.html.

**DVD496 Your Spiritual Life: Having Quiet Time with God**
No matter how long it’s been since coming to faith, dedicated believers seek to live intentionally and stay on the path to spiritual maturity. With profound transparency, John and Nancy Ortberg share with you the insights, resources, and benefits they've discovered through the spiritual discipline and transformation of regular quiet time with God.

**DVD497 Extraordinary Women: A Woman's Prayer Life**
Beth Moore imparts the life-enriching wisdom God has given her to help women realize all He intended for them through prayer. The Extraordinary Women series is designed to help women help themselves and others. Women today are doing more than ever before in history. This series will help women have a better understanding of how to handle the pressures and complexities of life and offer them help and encouragement during these times.

**DVD520 BASIC 6: Prayer**
From the creators of NOOMA comes Prayer, the 6th film in the new BASIC series featuring Francis Chan. BASIC is a 7-part short film series that invites us to reclaim the simple, full, and beautiful journey that church was always intended to be. Is it possible that our prayers seem to go unanswered because we are praying out of a sense of obligation, or maybe for the wrong things? Are our prayers supposed to be a list of things we want, or are they really intended to be an ongoing dialogue with God about what He wants? In BASIC Prayer, Francis Chan challenges us to align our prayers with God’s mission. In doing so, we might just see God answer our prayers in supernatural ways beyond our imagination. Includes Personal Reflection Guide. Learn more about the series at http://basicseries.com.

**KIT96 Praying In Color: Drawing a New Path to God**
Based on the book by Sybil MacBeth, with chapters on the following: Prayer Dilemmas, Praying in Color, Prayer Frustration, Prayer Popping, Praying for Others, and Praying in a New Way. This exercise is not about creating artwork, but it is about the process of giving things over to God in a relaxing and visual way. A DVD for a workshop based on Praying in Color is included.

**KIT121 Daily Prayer: A Simple Plan for Learning to Say the Daily Prayer of the Church**
Daily Prayer is a planned approach to deepen your relationship with God using The Daily Office, ancient prayers that Christ Himself prayed. This plan returns us to the prayer practices of early Christians and unites us with Saints of the faith that include Saint Benedict, Saint Francis, Martin Luther, and John Wesley. The beauty and simplicity of these prayers speak to the longings and yearnings of your heart, bringing joy, peace, and comfort that is a blessing beyond words. Robert Benson has brought all of this together in any easy to use form that will enrich and enliven your prayer life and bless your spiritual journey. The kit contains: DVD featuring Robert Benson telling you all you need to know to get started, 60-page breviary books containing all the liturgy for daily prayers, CD with Robert Benson leading you

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through the prayers, and a handy bookmark with special prayers. Each class participant will need their own breviary book. To view a sample video or for more information, visit DailyPrayerLife.com.

Resources that begin with VC are on VHS tape and require a VCR.

VC12 A Place to Pray: Conversations on the Lord's Prayer
This seven-part video study lead by author Roberta Bondi reflects on the meaning and importance of the words of the Lord's Prayer.

VC765 Movement Meditations to the Songs of Taize
Fourteen dance meditations presented as a prayer service in the style of Taize. Includes a booklet with descriptions of the movements.

VC830 Praying in the Midst of Life
A guide to prayer in six lessons by Ron Del Bene. A leader's guide is included.

VC1175 Workbook of Living Prayer
Maxie Dunnam leads this updated version of his often used study on prayer. Each of the six discussion sessions are enriched by 10 minutes of video presentation. Titles of the six sessions are: Getting Our Bearings and Beginning the Adventure, With Christ in the School of Prayer, When All Else Fails, Follow the Directions, Basic Ingredients of Prayer and Discovering Your Pattern, Fray Without Ceasing, and Resources for Praying. Includes an example of the participant workbook.

VC1229 Faith & Reason: What Can We Expect from Prayer?
From the Living Your Faith series of the Faith and Reason program, discussion leaders are Joan Chittister and Charles Kiblinger.

VC1384 Lord's Prayer
A dramatic portrayal of a troubled young woman praying the Lord's Prayer. “Find out what happens when you were expecting to leave a voice mail, and God personally answers the call.” Especially good for use in groups of young adults. A leader's guideline is included.

VC1609 The Real Bottom Line: Larry Dossey
Larry Dossey is interviewed in this program hosted by Jim Hartz. Dossey is a medical doctor who believes in alternative medicines and the power of prayer in treatment. He is has written the books: "Prayer is Good Medicine" and "Be Careful What You Pray For".

Books

BK186 Surrendering to God: Living the Covenant Prayer
Methodist Pastor, Rev. Keith Beasley-Topliffe shares his experience of praying the Covenant Prayer—a classic prayer that calls us to surrender completely to God. Written first by Richard Alleine then abridged

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and used by John Wesley and adapted into the covenant renewal hymn of Charles Wesley. This book includes line-by-line reflections by the author.

BK194  The Art of Prayer
This little book is packed with information about prayer. It describes types, explains methods and supplies examples.

BK401  Praying with John Wesley
A Collection of Forms of Prayer for Every Day of the Week compiled by John Wesley in 1733. This booklet is an adaptation for modern readers with an introduction which includes suggestions for use.

BK403  Prayer & Devotional Life of United Methodists
Designed for personal reading and small group study, this book has eight sessions. The themes in the book are divided into four sections and the book concludes with an appendix. It includes further study ideas and a bibliography. The themes are: Living from Heaven, Read and Pray Daily, Get Connected, and Go On!

BK416  Jesus and Prayer
Eight self-contained sessions for adults, including study helps and discussion questions. Participants examine the Scriptures, study the subject of prayer and learn to establish the practice of prayer.

BK497  The Lord's Prayer for Today
The author approaches a study of the Lord's Prayer from how the prayer would have been understood by the disciples hearing it in Jesus' time. Discussion questions help the study group reflect on this and how those familiar words speak to them today.

BK597  What Every Leader Needs to Know About: Leading Prayer
"Wherever you are in your prayer life, God invites you to a deeper prayer life. Whether you are a beginner or a more experienced pray-er, it is helpful to evaluate you current practice and search new ways to communicate with God." Thoughts on personal prayer as well as a practical guideline for praying out loud on behalf of a group are provided in this booklet.

BK780  Does Your Church Have a Prayer?
Does Your Church Have a Prayer? presents a model of revitalization, transformation and discipleship for congregations to fulfill Jesus' prayer. Your church can move from maintenance to mission, from defending current realities to living into a joyful future. The authors provide pastors and church leaders with a step-by-step planning guide that will equip them for the task of leading the church in a scripturally grounded visioning and strategic ministry planning process. One copy of the six-week study Participant's Workbook is included.

BK781  Prayer: Finding the Heart's True Home
Best-selling author Richard J. Foster offers a warm, compelling, and sensitive primer on prayer, helping us to understand, experience, and practice it in its many forms - from the simple prayer of beginning

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again to unceasing prayer. He clarifies the prayer process, answers common misconceptions, and shows the way into prayers of contemplation, healing, blessing, forgiveness, and rest.

**BK821 A Praying Congregation: The Art of Teaching Spiritual Practice**

“I believe that God is calling all of us into deeper prayer and is longing for our congregations to become places of prayer,” writes Jane E. Vennard. Pastors and others who want to develop their skills as teachers of prayer and spiritual practices will find in this book not only wisdom for themselves but easily accessible lesson plans, so that they can share Vennard’s insights with others while infusing the activities with their own spirit and creative ideas. Readers are invited to gently explore questions such as, Who taught you to pray and how? What do you believe about prayer? What is your image of the God to whom you pray? And, What is prayer anyway? Through this book, readers’ hearts are made ready to explore the wonder of strengthening their relationship with God through prayer.

**BK873 With Open Hands (Photographic Edition)**

Henri Nouwen's reflections on prayer with black-and-white photographs.

**BK897 When You Pray as a Small Group**

Leading a small group on prayer can be daunting. After all, it’s not easy to be an expert on the subject. When You Pray as a Small Group is a resource that will help leaders guide their groups through developing a deeper prayer life. Used in conjunction with Rueben P. Job’s When You Pray, leaders are provided with prayer activity ideas, example sessions, and five session templates for groups with different needs and interests: Discussion-based groups, Activity-based groups, Introspective groups, Arts-focused groups, Habit Breaker groups. Through this study, not only will your group be encouraged as a whole, each individual’s prayer life will be enriched and strengthened.

**BK904 Becoming A Praying Congregation**

Becoming a Praying Congregation is designed to help leaders teach, inspire and example deeper prayer life for the entire congregation through worship, study, ministry teams and individual devotion. Using ideas and examples from congregations with active prayer ministries, leaders will be inspired to develop deeper prayer practices in: worship, decision-making, groups, prayer ministry team, age-level classes, households. Tools include: worship prayer activities DVD, planning ideas for Sunday School or small groups for children, youth and adults, guidelines for building or reviving a prayer ministry team, help for special services like healing prayer services, meditations, prayer for the church and its mission. Rueben Job's "When You Pray" can be used as a daily devotional for individuals and small groups participating in the program.

**BK917 Rezando en Colores (Praying in Color)**

Dibujando un camino nuevo hacia Dios. Praying for the right side of your brain... Now in Spanish! It is rare to find a book that is so simple and profound. Praying in Color has forever changed the way that tens of thousands of people pray. This prayer form can take as little or as much time as you have or want to commit. Drawing is half the prayer, the other half is transporting the visual memories or actual physical images with you to pray throughout the day.

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Youth Video Resources

ROM8  Worship Feast: Prayer Stations
A video introduction to prayer stations and how to set up a youth prayer room. The instruction video, printable instructions and meditation sheets, 8 original songs, and photos for worship slide shows are included.

Resources that begin with VC are on VHS tape and require a VCR.

VC859  Questions of Faith for Youth 2: 1 Why Pray?
The panel of youth discuss questions including: Why Pray?, What's the value of praying?, What do you pray for?, What do you think God does when opposing sides pray to win?

KIT18  Prayer in Motion
A multi-media kit to help youth learn about and lead prayer. Prayer in Motion offers your students four interactive training sessions that culminate in a church-wide "concert of prayer" event that your kids will put on themselves. Kit includes a VHS video, audio CD, leader's guide, and two journals.

Youth Books

BK41  Plug Into the Power
Subtitle: Helping Younger Youth Make Faithful Choices. This teaching guide offers 6 sessions of programing. Sessions are: Family, World, Jesus, Prayer, Morality, and Service. Each session is based on Scripture and highlighting the Ten Commandments.

BK237  SkillAbilities for Youth Ministry: 10 booklets
10 booklets on topics designed to help youth leaders. Brief and to the point. The book titles are: Big Differences (Various Ages), The Bottom Line, Caring from the Inside Out, Helping Youth Pray, How to Use Music with Youth, It Takes a Congregation, Let's Talk About It, Open Doors, Open Arms, Overlooked Allies (Parents), Setting Boundaries, and Youth in Charge.

BK377  Questions Senior Highs Ask: Volume 4
A leader's guide with complete plans and handouts for sessions. This volume is divided into 6 units: Sacraments, Vocation, The Holy Spirit, Prayer, Music, and Biology as Theology. Reproducible handout sheets are included.

BK384  Connect: Volume 5
Themes in this volume of Connect: Bible-The Big Picture, Family, Discovering Our Gifts, Prayer, and Shaping Our Faith.

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BK425  Closer to God: Youth Experiencing Prayer
Six step-by-step sessions to use with youth to encourage practice and participation. This is the leader’s guide.

BK455  Worship Feast: 100 Readings
"Creative ideas and language to help youth know themselves and discover who they are before God." Prayers, Guided Meditations, Rituals.

Children’s Video Resources

DVD315  Praying in Color: Kid's Edition
Imagine a group of kids on the floor of a gym, or filling a classroom, or on a weekend retreat, praying in a whole new way—so silently that you can hear a pin drop! It happens every day with Praying in Color. And now, there’s Praying in Color Kids’ Edition and Praying in Color: Kids’ Edition DVD - a visual tool that guides you, the leader, step by step, in creating a simple workshop. This first-of-its-kind resource will forever change the way kids pray - and how adults try to teach them to do it. This is prayer that makes sense to kids. One minute a day will do. Any time of the day will work. Drawing with markers or crayons is half the prayer; the other half is carrying the visual memories throughout the day.

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VC836  Praying With Children
Creative ways of teaching children about prayer. Traditional ways of praying are demonstrated as well as creative activities to engage even the youngest child. Six 10-minute sessions.

Children’s Books

BK59  Holding Children in Prayer: A Lenten Guide
Devotions for the season of Lent focusing on the joys, needs, and concerns about children. Scripture reading, a short devotional, and prayer for each day.

BK68  My First Prayers: Help Me
A board book with primary colors and friendly-faced illustrations showing times when we need God’s help.

BK336  Children and Prayer: A Sacred Pilgrimage
This volume provides concepts for teaching children about prayer and includes prayers written by

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children, prayers that caregivers can pray with children, interviews with children and resources for further study.

BK437 Learning the Lord’s Prayer
Divided into phrases, this study of the Lord’s Prayer for children provides the information needed to develop a teaching plan using learning stations. Filled with activity ideas and craft examples.

BK457 Teaching the Lord’s Prayer
Each of the 6 lessons in this teacher's book looks at one part of the Lord’s Prayer. For children ages 7-9, each lesson includes activities and experiential learning times. Reproducible handouts, puzzles and music are included.

BK512 What Is? Booklets
A set of 4 small booklets that have puzzles and activities to help children learn: What is the Apostles' Creed?, What is Baptism?, What Is Communion?, and What is the Lord’s Prayer?

Websites related to The United Methodist Church

Apportioned Funds – Interdenominational Cooperation Fund - World Day of Prayer
http://www.umcgiving.org/site/c.qwL6kNWLrH/b.3897339/k.8284/Apportioned_Funds__Interdenominational_Cooperation_Fund__Overview.htm

General Board of Discipleship – Prayer Initiative
http://www.gbod.org/site/c.nhLRJ2PMKsG/b.6195985/k.BCBE/Prayer_Initiative.htm

General Commission on Christian Unity and Interreligious Concerns – World Day of Prayer
http://www.gccuic‐umc.org/index.php?option=com_events&task=view_detail&agid=78&year=2011&month=03&day=04&Itemid=1

MethodX – Prayer Methods
http://www.upperroom.org/methodx/thelife/prayermethods/

Soul Changing Prayer
http://www.umc.org/site/c.lwL4KnN1LtH/b.5610353/k.6EAE/Soul_Changing_Prayer.htm

Upper Room – Living Prayer Center
http://www.upperroom.org/prayer_center/

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