

# Forms and Methods of Prayer

Blessings	Prayer of Silence
Centering Prayer	Prayer with Gestures
Charismatic Prayer	
Contemplative Prayer	Prayer Walking
Devotions	Praying in/with Nature
Eucharistic Adoration	Praying through Written Words
	Prayer while reading the newspaper
Evening Prayer	Praying with Art (others)
Examen of Consciousness	Praying with Art (mine)
Examination of Conscience	
Faith-Sharing Prayer	Praying with Dreams
Fallow Time: The Prayer of Doing Nothing	Praying with Gestures and Movement
Finger labyrinth	Praying with Images/Icons
The Jesus Prayer	Praying with/because of Interruptions
Journaling	Praying with Mandalas
Labyrinth Prayer	Praying with Memories
Lectio Divina	Praying with Scripture
Listening Prayer	Praying with the Psalms
Litanies	
The Liturgy	Praying with the Saints
The Liturgy of the Hours	The Rosary
	Sacraments
Mantras	Scriptural Meditation
Meal Prayer and Rituals	The Spiritual Exercises of St. Ignatius
Meditation	Spontaneous Prayer
Morning Prayer	Stations of the Cross
Music and Song	Taize Prayer
Novenas	Traditional (memorized) Prayers
Photography as Prayer	Using Technology to Pray
The Prayer of Everyday Experiences	Visio Divina
Prayer Groups	Visual Journaling

See also: *The Spirituality of a Catechist* by Janet Schaeffler, OP. Twenty Third Publications.

[http://www.amazon.com/Spirituality-Catechist-Essential-Catechists-Bookshelf/dp/1585959499/ref=sr\\_1\\_1?ie=UTF8&qid=1438953647&sr=8-1&keywords=the+spirituality+of+the+catechist](http://www.amazon.com/Spirituality-Catechist-Essential-Catechists-Bookshelf/dp/1585959499/ref=sr_1_1?ie=UTF8&qid=1438953647&sr=8-1&keywords=the+spirituality+of+the+catechist)

# Types of Spiritual Practices

Awareness of God's Presence

throughout the day

Awareness of myself as sacrament

Book clubs

Care of creation

Care of the gift of my body

Celebration of life, special events

Continual learning/formation

Creating sacred space

Discernment

Fasting

Forgiveness

Gardening

Giving generously

Justice Work

Listen for/choose a word

Listening to a friend

Listening to music

Liturgical Year Rituals and Celebrations

Living Gratefully

Living in the present moment

Living sacramentally (seeing the holy all around)

Living simply

Make friends with people who are different

Making prayer shawls

Mantra for the day/the week

Mindfulness

Parenting

Participating in community

Pilgrimages

Placing no borders on my concern and prayers

Play

Practicing Hospitality

Random acts of kindness

Reading

Retreats

Reverence

Sabbath moments

Savoring beauty

Seasonal Celebrations and Rituals

Seeing work as part of my spirituality

Self-care

Service

Silence

Spiritual direction

Spiritual mentors and companions

Spiritual reading

Story-telling

Suffering

Suffering with and for one another

Times of silence

Use of Sacramentals

Volunteering

[www.janetschaeffler.com](http://www.janetschaeffler.com)

Copyright © 2013 [Janet Schaeffler, OP].  
All Rights Reserved.