

Session 2 Pray (Feb 25) 6:30 – 8:00 pm

Before session 2:

- Watch the short film (2 ½ minutes) about **Pray**
<https://www.episcopalchurch.org/way-of-love/pray/>
- Print the hand-out Spiritual Preferences (link on the Lent page)

After session 2:

- Practicing at home:
Take a small sheet of paper and write down the different types of PRAYER listed in the catechism (BCP p. 856). Post these somewhere you can see them every day. Some good places might include your steering wheel, your mirror, or your computer screen. At least once a day, commit to offering up one prayer from each type, paying attention to what the Holy Spirit might be teaching your heart.

Alternatively, answer the 5 questions on the Spiritual Preferences hand-out and discover what prayer practice may suit you. Try that prayer practice for a few weeks.

- You may want to **watch this video about yoga as a spiritual practice and reflect on these questions:**

<https://vimeo.com/232710051>

- **Audrey Berg-Clothier finds yoga to be a way to “change the channel,” tune out what is distracting, and simply pray. What practices have you found that help you “change the channel” and pray?**
- **Hillary Raining talks about the connection between body and spirit and uses the phrase, “what happens on the mat also happens off the mat.” Prayer is that way. It changes us. How have you found prayer to be transformative?**

