FORMATION OPPORTUNITIES

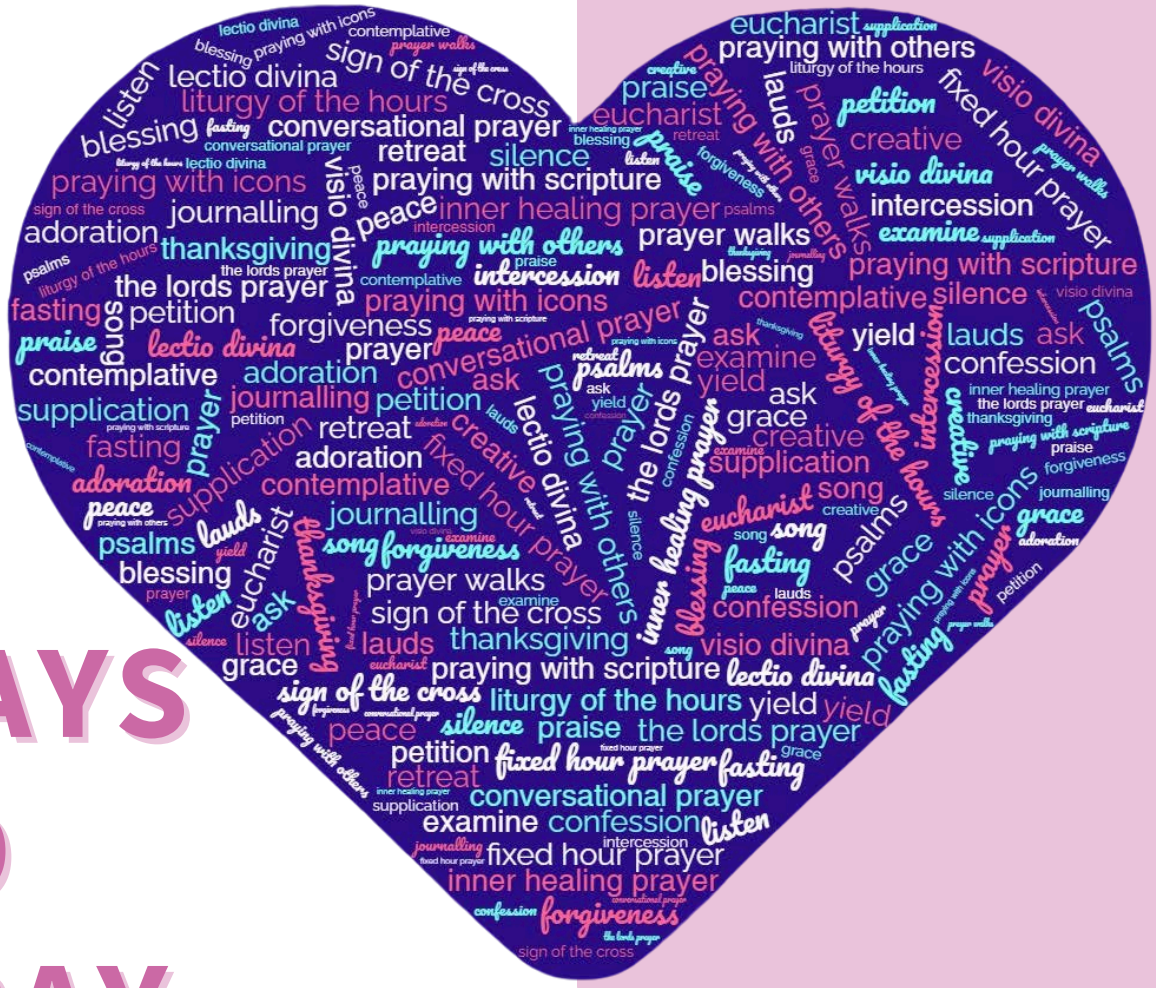
FORMATION: PRAYER

"Be joyful in hope, patient in affliction, faithful in prayer."
(Romans 12:12)

- **Are you interested in exploring new ways to pray in your own personal prayer life?**
- **Would you like to meet with others to pray?**
- **Would you like to find out different ways to pray as a family?**

Formation & Mission

DIOCESE OF Hexham & Newcastle



WAYS TO PRAY...

Our prayer life should be at the heart of living out our faith and our ongoing relationship with the Lord. Prayer and conversation with the Lord should be something we do on a daily basis...several times a day. Spiritual nourishment, through prayer, can be built into our lives just as naturally as our essential routines to eat and sleep.

In our busy lives it can be difficult to prioritise our prayer life. Sometimes how we have been praying may feel less fruitful and purposeful as it once was. As we walk through the different seasons of life we may need different ways of praying to beeter meet our needs. There may even be times in life when you simply can't pray yourself but would be deeply comforted by the prayers of others.

The joy of prayer is that there are so many ways of praying and sharing prayer. At the Diocese of Hexham & Newcastle, we provide opportunities and resources for you to explore different ways of praying and therefore continue your ongoing formation in this area. Whether it be as individuals, families or small groups there are ways of praying to suit everyone. Remember, prayer isn't a 'one-size fits all' - there is no right or wrong way to pray. Why don't you try something new to enrich your own prayer life and relationship with the Lord?

Prayer Resources

We have a dedicated area on our diocesan website which offers resources, guides and types of prayer for all.

https://bit.ly/DHNPrayerResources

Family Prayer

Are you looking for ways to pray together as a family. The following link provides a range of interactive and fun ways to bring prayer into your home.

https://bit.ly/DHNFamilyPrayer

Intercessory Prayer

Intercessory prayer is the act of praying on behalf of others. If you would like to be prayed for, or would like prayer offered for someone else the Emmanuel Charismatic Prayer Group offer such prayers of Intercession on behalf of the diocese. You can submit your prayer requests anonymously here:

https://bit.ly/DHNIntercessoryPrayer

If you are interested in using the format of intercessory prayer in your own prayer life, each week we upload a bidding prayer written by a member of our diocese as part of the Weekend Liturgy content. You may find this a helpful starting point both individually and in small group prayer.

https://bit.ly/DHNWeekendLiturgy

Prayer Groups

Many people find meeting with others to pray an enriching part of their prayer life. Speak to your local parish priest to see if there is a prayer group nearby or to talk about setting one up. Alternatively, our diocesan CDSC (CHARIS) Team can provide information about prayer groups across the diocese and can also assist with setting up new groups.

https://bit.ly/DHNPrayerGroups

Prayer Workshops

The Formation & Mission Team can offer group workshops to explore different and creative ways to pray. Get in touch, using the contact details on the back page, to find out more.

Prayer Apps

There are a number of useful Apps available which can help guide and support daily prayer such as 'Pray as You Go' and 'Universalis'.

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."
(Philippians 4:6-7)

DIOCESE OF Hexham & Newcastle

FORMATION: PRAYER

SO, YOU WANT TO FIND OUT MORE?

WHAT'S THE NEXT STEP?

Here at the Diocese of Hexham & Newcastle, our friendly Formation & Mission team would be delighted to help you explore formation opportunities based on prayer.

We'd love to chat with you, so please call us:

0191 243 3316
0737 593 4713

Our office hours are 8.30am-4.30pm Mon-Fri

Drop us an email:
adminfaith.mission@diocesehn.org.uk

Amy Cameron: Director of Formation & Mission
Mark Hindmarsh: Formation & Mission Team Leader
Emma Wynne: Formation & Mission Development Officer
Amy McDonagh: Formation & Mission Administrator

For further areas of Formation & Mission in the Diocese of Hexham & Newcastle please scan the QR code or visit:
https://bit.ly/DHNFormation_Mission_Leaflets