

## How to guide: Creative Prayer

Prayer is vital in everything Tearfund does – which is why for us it's such an important part of campaigning for justice. Let's be creative, says **Ben Clowney**.

'This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us – whatever we ask – we know that we have what we asked of him.' (1 John 5:14-15)

Prayer works. We have a God who listens and responds to the cries of his people. We also have a God who is passionate about trade justice, halting climate chaos, stopping the spread of HIV and seeing people lifted from poverty.

Yet we so often struggle to involve God in our campaigning.

Why is that? Is it because the issues feel too big? Or maybe action feels more measurable? Maybe we even find it tedious.

Using creativity can help bring our prayer times to life, making it easier to engage in the vital work of praying for those living in poverty. We've put together five suggestions to start you thinking.

### 1 Take a prayer walk

Let your prayer be inspired by the world around you. Gather a group or go it alone, taking a walk through the areas of your community where poverty is most evident. Stop at various intervals to pray, or make notes and pray when you get home. Another option is to pray around places of power near you.

Get ideas from the *Blow the whistle* creative prayer walk around Westminster at [www.tearfund.org/campaigning/pray](http://www.tearfund.org/campaigning/pray)

### 2 Pray through the news

Buy a few different newspapers and cut out articles and pictures related to poverty. Add these to any articles that you can find online – the Tearfund website is a good place to start for relevant news and prayer points. Lay these out or stick them on a wall and use them as prompts to pray.

Visit [www.tearfund.org/news](http://www.tearfund.org/news) or [www.tearfund.org/prayer](http://www.tearfund.org/prayer) for up-to-date news and prayer requests.

### 3 Use objects

Sometimes looking at or holding an object can stimulate our prayers. For example, when praying for the issue of water and sanitation you could look into a glass of dirty water and imagine having to drink it. Or if you are praying for a specific area, a world or country map could help to provide context.

Try reflections on trade, climate change, AIDS and water from [www.tearfund.org/campaigning/pray](http://www.tearfund.org/campaigning/pray)

### 4 Express your creativity

From drawing to writing, painting to sculpting, we all have the ability to be creative. Why not spend some time creating something that'll remind you to pray for those in poverty? It could be as simple as sticking large pieces of paper on the wall for people to scribble their prayers on.

Send us any photos of the result and we'll stick them up on the website.

### 5 Join in Tearfund's Global poverty prayer week

Tearfund is inviting you to become part of a *Global poverty prayer chain* – connecting with Christians across the world to pray for those in poverty. You can add your prayers to the online prayer wall and from 12 to 18 November there will be a *Global poverty prayer week* to get your church involved in.

Find out more and add yourself to our prayer map at [www.bepartofamiracle.org](http://www.bepartofamiracle.org).

'When two of you get together on anything at all on earth and make a prayer of it, my Father in heaven goes into action.' (Matthew 18:18, The Message)

