

Let's try praying like this...

{#15 – Excursion}

What's it like?

It's like going someplace special to pray. It's like getting out of your usual routines so that you pray and listen in a fresh way. It's like visiting someplace holy and being inspired by it – or like visiting someplace that *doesn't* seem holy and looking for God's presence there to inspire you. It's like a pilgrimage. It's like a prayer outing. It's like an adventure.

What's it for?

It's for a new perspective. It's for a break from your routine. It's for inspiration. It's for occasionally making a special effort in your prayer life. It's for being open in yet another way to God and for God. It's for the journey, but more importantly it's for how it affects you after you come back.

When could I use it?

You could use it when you have a block of time you could set aside for it. The bigger or farther away your excursion, the more time you'll need – days, even! Plan ahead – if you go to the trouble of going on a prayer excursion, you don't want it to feel rushed.

Where could I use it?

You could use it in a particularly beautiful place, like something in nature or an impressive building. You could visit a place where something historical happened, where a famous saint was, or where some art is on display. You could visit a place like the grocery store or farmer's market, but go for people-watching and prayer – not for the usual reasons. You could incorporate a prayer excursion into a vacation or a mission trip or a service project. Use it someplace different than the usual.

How it works...

You go on some kind of trip, whether it's across your yard, your town, or an ocean. You go someplace with the specific purpose of being inspired, or in looking or listening for God in a new way. Once you're there, you can pray in one or more of the ways you've already tried. The tough part is trying to hold on to your experience once you return to your normal life and routines. How can you remain affected and transformed?

Try it!

Pick a time and place. Go there. Pick a way to pray. Come home and talk about it.

What did you think?

Learning goal: Prayer always affects and transforms the person who prays – sometimes we need to go outside our normal routines and comfort zones to be reminded of that.