

Sacred Practices: Prayer Resources

How do we become deeply rooted followers of Jesus? There are certain time tested, biblically inspired, sacred practices which are pathways to a life of deep communion with God: Sabbath; Prayer; Fasting; Solitude; Scripture; Simplicity; Community; Generosity; Hospitality; Service.

Below are a few resources on the practice of *Prayer*. These are often best explored in the context of community and we cannot encourage you enough to get connected in a group somehow, someway.

Practice in Community

Ask questions, grow and stumble your way through prayer together!

Join or start a Life Group here at spac.ca/groups.

Need a video series to do with your people? [The Prayer Practice](#) from Practicing the Way is a 4-week experience complete with a Digital Companion Guide when you sign up to run the practice.

Join a **prayer team** and intercede for our church, community and world. Email care@spac.ca to receive more information.

Explore Prayer

A few resources for starting out or for revisiting the very heart of prayer!

[How to Pray: A Simple Guide for Normal People](#) book by Pete Greig; also by Greig, [How to Hear God](#)

[Pray as you Go App](#) and pray-as-you-go.org

[Rule of Life](#) podcast by Practicing the Way

[Breath as Prayer](#) devotional book by Jennifer Tucker

www.spac.ca/prayer - short articles and ideas for “How to Pray” and “Why we Pray”

Go Deeper in Prayer

A few resources if you're feeling stuck, stagnant, or want to stretch a little!

[One Minute Pause App](#) developed by John Eldredge

[Lectio 365 App](#) & [Lectio 365 for Families App](#)

[God on Mute: Engaging the Silence of Unanswered Prayers](#) book by Pete Greig

[Praying Like Monks, Living Like Fools](#) book by Tyler Staton; also as a podcast on [Apple/Spotify](#)

Receive Prayer

Let's be a church who prays for each other!

- Text any prayer requests to 587-905-0051 and you'll receive a texted prayer back while staying anonymous.
- Send in a prayer request anytime online and let us pray for you! spac.ca/prayerrequest
- Connect with a someone after any of our weekend services both in person and online.