

Lutheran FAQ: How Do Lutherans Pray?

Where do you pray most often?

Do you usually pray prayers that are written or prayers from your heart? Why?

Lutheran worship includes a LOT of prayers. Why do you think that's true? _____

Have you ever written prayers for your congregation? What would you include? _____

What does it mean that prayer is a conversation? How is it like talking with friends? How is it different? _____

Do you have a regular time or place that you usually pray? How did you choose it? Why is that habit helpful for you? _____

A – Adoration

C – Confession

T – Thanksgiving

S – Supplication

Author Anne Lamott says that the three basic prayers are "help," "thanks," and "wow." ACTS gives us a few other categories. What else might we pray to God about? _____

What songs might help you pray? _____

Have you spent time praying silently, listening for God? What was that like? _____

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If you can, look at a worship bulletin. How much do we pray together in worship? How does that shape our time together? _____

Have you ever written or led prayers for your congregation? What would you include? _____

What does it mean that prayer is a conversation? How is it like talking with friends? How is it different? _____

Do you have a regular time or place that you usually pray? How did you choose it? Why is that pattern helpful for you? _____

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What songs might help you pray? _____

Why do people get nervous praying out loud sometimes? _____

Have you spent time praying silently, listening for God? What was that like? _____

Deeper Dive:

- Martin Luther wrote a letter to his barber, Peter Beskendorf, called “A Simple Way to Pray.” It can be purchased or located online in pdf form.
- There are apps for prayer available for your smart phone. Echo keeps track of your prayer list and pops up reminders to pray. Common Prayer has daily prayer liturgies. for each day.

Written by the ELCA South Carolina Synod to accompany the video “Lutheran F.A.Q. | How Do Lutherans Pray?” found at <https://www.youtube.com/watch?v=aYy48dP9dCk>