



## **PRAYER IDEAS**

*Prayer matters for church communities, and that includes church gardeners. Be sure to maintain a safe social distance while praying. No matter how far we are apart, God is as close as our next breath. Helping people reconnect with God is as important as growing food together.*

### Are you praying with contemplative people who know the Lord's Prayer?

You could invite them to be in silence together for a minute, listen to the sounds of God's Creation around them, and then join in the Lord's Prayer.

### Are you praying with people of all ages who might appreciate movement?

You could try this prayer adapted from Illustrated Children's Ministry:

God, you are above (reach toward the sky), below (touch the soil), inside (hands to heart) and all around (big arm circles). I worship you (reach toward the sky), and bow before you (touch your toes). And I love you (hands to heart) with all that I am and ever will be (big arm circles).

### Are you an Episcopal Church praying with readers?

You could use the *Book of Common Prayer's* "Daily Devotions for Individuals and Families". Ensure people use phones or pick up printed copies of the liturgy to maintain social distance. The website <https://prayer.forwardmovement.org/> provides the (longer) daily office of the church.

### If it's best for the prayer to be short and sweet, you could just pray.

*Holy God, help us to be healers in your world.*

*Bless this soil, and all that will grow here, in Jesus' name. Amen!*

### After you pray, consider being witnesses of God's love on social media...

Ask people to remain in a posture of prayer while you take a picture and share it using the hashtag #goodnewsgardens

*Garden prayerfully and let's grow hope together!*