

## Prayer Wheel

Paul encouraged the Thessalonians to “Pray without ceasing” (1 Thessalonians 5.17) and we should strive to do the same.

The Prayer Wheel is a simple tool to help guide us in 12 ways to pray. Set a timer for 5 minutes and pray in the manner of the section, starting with 1. Praise. Once the tie goes off, reset it, and start the next prayer. Go around, until you finish again with 12. Praise. Engaging in each topic for only 5 minutes can help us exercise our prayer life in a way to work towards ceaseless prayer.

*\*If you have less than an hour to pray, or 60 minutes seems too daunting, simply divide up the time. For example, if you only have 30 minutes, spend 2.5 minutes on each section.*

