



## SPIRITUAL PRACTICE

# Object Prayer

Select an object that you will find comfort in holding and that may help prompt your prayers.

Hold the object for several minutes and come “in touch” with meaning it brings to you.

Center yourself and form a breath prayer with words you choose:

Inhale: (with a greeting, ex. Dear God . . .)

Exhale: (ask for what you need )

Continue holding the object, in trust and confidence tell God your struggles.

When you have finished your breath prayer, allow for a time of silence.

Gaze at your object and hold it so that you may begin praying to be blessed by the promised hope and gifts that come in struggle.

At the end of your prayer time, record your experience and answer these questions:

Consider how it felt to hold an object that is sacred to you as you prayed. What ways did holding the object enrich or diminish your prayers? How might you incorporate this “touch” prayer in your future prayers?