
An Outline for Spontaneous Prayer

Begin with the Sign of the Cross.

You

Begin by naming God:

- *God of Compassion,*
- *Loving Creator,*
- *Heavenly Father,*

Who

Name something that God has done in the past (perhaps from the Bible):

- *You brought your people out of oppression in Egypt.*
- *You give us everything that is good.*
- *You give us your Holy Spirit as our companion and guide.*

Do

Say what you are asking God for now:

- *Bless the poor and oppressed in our world.*
- *We thank you and ask you to bless this food before us.*
- *Give us wisdom and discernment for this meeting.*

Through

We pray through Christ;

use a Christological or Trinitarian conclusion:

- *Through Christ our Lord.*
- *In Jesus' name.*
- *We ask this through our Lord, Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, God forever and ever.*

End with "Amen" and the Sign of the Cross.