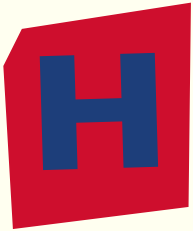


helping people to
Mush the Noise

Prayer Ideas



Hand on Heart

Place one hand over your heart. Close your eyes, breathe deeply, and feel your heartbeat. Silently pray, “Lord, bring me peace.” With each breath, invite God’s peace to fill you, resting in the stillness.



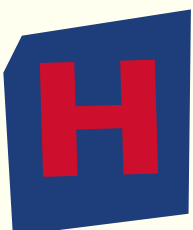
Under the Open Sky

Step outside to a quiet spot and look up. Take slow, deep breaths, feeling the openness around you. Let the sights and sounds of nature draw you into peace, and lift a prayer of gratitude for the beauty of creation.



Sacred Silence

Set a timer for a few minutes and focus on being present with God, without speaking or thinking about anything specific. When the timer ends, offer a short prayer of gratitude for the stillness and peace you’ve experienced.



Harmony of Hope

Download/Stream this year Christmas Song, and as you listen let your thoughts turn to hope—for yourself, your community, and the world. Lift a quiet prayer of hope, inviting God’s ‘Love Song’ to be heard in every area you are thinking about.