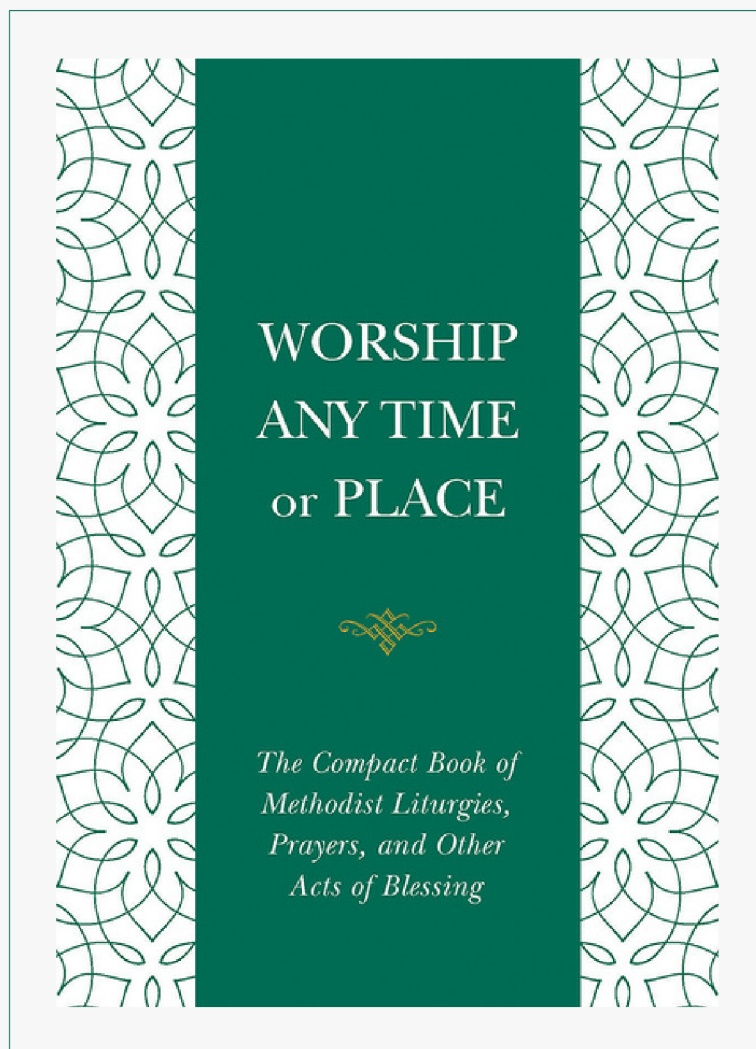


THE NEXT  
PRAYER  
CHALLENGE



EDITED BY REV. DR. NELSON COWAN



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Rev. Nelson Cowan, Ph.D., is a United Methodist elder from the Florida Annual Conference, a worship leader, and liturgical theologian. He earned a Ph.D. in Liturgical Studies from Boston University School of Theology in 2019, and currently serves as the Director of the Center for Worship and the Arts at Samford University. Previously, he has served as a senior pastor and church musician for congregations in Florida, Massachusetts, and Washington DC.

In addition to his work with Samford University, Dr. Cowan teaches worship, church history, and preaching adjunctly for Candler School of Theology at Emory University (Course of Study Program), Drew University (M.Div students), and Wesley Theological Seminary (D.Min students).

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SELF-GUIDED STUDY

# WORSHIP ANY TIME OR PLACE

WEEK

1

**STRUCTURING PRAYER**

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Learn the ancient structure of the “collect” (pronounced “KAW-lect”) that you can apply to any moment of life.

WEEK

2

What is the difference between healing & curing? These prayers will help to guide you in times when words are never perfect.

**PRAYING WITH THE SICK**

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WEEK

3

**WORSHIP ANY TIME OR  
PLACE**

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All of life is holy and deserves to be covered in prayer. How can we better mark the ordinary with the extra-ordinary?

## WEEK 1: AN ANCIENT FORM OF PRAYER

# COLLECT

### YOU

- 1 Address to God "Almighty God,"

### WHO

- 2 God's attribute(s) or acts on which this prayer is based "unto whom all hearts are open, all desires known, and from whom no secrets are hid"

### DO

- 3 The petition(s) offered to God "Cleanse the thoughts of our hearts by the inspiration of the Holy Spirit"

### (SO THAT)

- 4 The intended result of the petition(s) "that we may perfectly love thee, and worthily magnify thy holy name"

### THROUGH

- 5 Final doxology / conclusion "through Jesus Christ our Lord. Amen."



# WEEK 2: PRAYING WITH THE SICK SILENCE

Take a moment of silence to prepare your heart for the reading of scripture.

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## READ: JAMES 5:13-16 (NRSV)

Are any among you suffering? They should pray. Are any cheerful? They should sing songs of praise. Are any among you sick? They should call for the elders of the church and have them pray over them, anointing them with oil in the name of the Lord. The prayer of faith will save the sick, and the Lord will raise them up; and anyone who has committed sins will be forgiven. Therefore confess your sins to one another, and pray for one another, so that you may be healed. The prayer of the righteous is powerful and effective.

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## REFLECTION QUESTIONS

What are some key themes that are bubbling up from your reading of this passage? What do you notice? What does it mean to you that the “prayer of faith will save the sick?”

## WEEK 2:

# READ “A GENERAL PRAYER OF HEALING FOR A VARIETY OF USES”

Almighty God, we pray that [Name] may be comforted in their suffering and made whole. When they are afraid, give them courage; when they feel weak, grant them your strength; when they are afflicted, afford them patience; when they are lost, offer them hope; when they are alone, move us to their side; [when death comes, open your arms to receive them]. In the name of Jesus Christ we pray. Amen.

Source: The United Methodist Book of Worship  
and Worship Any Time or Place, p. 126

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## REFLECTION QUESTIONS

What do you notice about this prayer? How is healing being spoken of? How might you strengthen this prayer? How might you personalize this prayer?

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WEEK 3:  
WORSHIP ANY TIME  
OR PLACE

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MAKE A LIST

Think about your everyday life. Perhaps you have your normal “prayer times” and rhythms. Let’s now make a list of 5 regular activities in your life that can be marked with prayer.

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MAKE ANOTHER LIST

Make a list of 5 special occasion activities in your life that can be marked with prayer. These can be positive, negative, or anywhere in between.

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# YOU'VE DONE IT!

Thank you for working through this self-guided, on demand course with the Florida Conference of The United Methodist Church.

You can purchase a copy of *Worship Any Time or Place* from Cokesbury or through retailers such as Amazon.

Did you find these activities meaningful? Are there prayers or topics about prayers you've noted that we should consider for a future volume?

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