

Praying the News

Sometimes we get used to asking God to do our will instead of the other way around. Or, news from the local to international level might exacerbate a feeling of being overwhelmed by what to pray for.

There is a way of encountering current events to ease fear and anxiety, by placing the news in prayer.

Here's how.

1. Skim headlines/1st paragraphs of various stories, watching for your emotional reactions. Name them (Anger, Fear, Joy, Love, Sadness, and Surprise, for example).

2. Find one story that "stops" you, and use it to pray the news.

- Name to God the emotions you have about the story.
- Ask God to open you to God's view of this issue.
- Ask what Bible stories you recall that could be relevant to the issue.
- Consider God's emotions about the issue.
- Name the issue before God and ask that God's will be done.

3. Discuss with others, if possible, the issues you chose and how it impacted you.

4. How did it work? Could you use this in your daily reading or listening to the news? Is there anything else that would help you in a practice like this?