

Praying in your Car *compiled by Charlotte Hand Greeson*

Why is this faith practice important?

The average American spends 101 minutes a day driving. If you, like I do, live in an urban area, you may find yourself frequently frustrated or impatient while driving. Why not reclaim these hours and use this time to connect with God, your family if they are in the car with you, and your community?

St. Paul wrote, “Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.” (1 Thessalonians 5:16-18, NRSV). I believe the car should be an avenue for such focused intention. Indeed, focusing intention is a critical aspect of prayer.



What materials are needed for this practice?

A car, and a radio that is turned off.

How to do it

Focus your intentions: Start by taking a few deep breaths. If there are others in the car, encourage them to breath too. Begin by asking God to help you be a source of Christ’s peace at this time.

Pray for others: Focus on other people, praying that:

- They would know God’s presence.
- That any sickness or trouble will be overcome.
- That they will find at least one moment of joy to celebrate today.

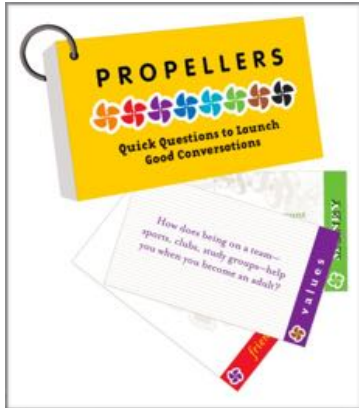
The license plate prayer: Look at the letters of the license plates on the cars around you. Offer up a prayer for a person that you know whose name begins starts with the letter on the license plate. Or, if you are in an area with cars from different states, pray for someone you know from that state, or for the people of that state as a whole.

Red light or traffic jam prayer: Start with the car in front of you; or at an intersection, across from from you. Using the petitions above, pray for the occupants of that car. If you have time, pray for the car behind you and/or the cars beside you. Pray specifically that the people in the cars arrive at their destinations safely.

Resources for this Practice

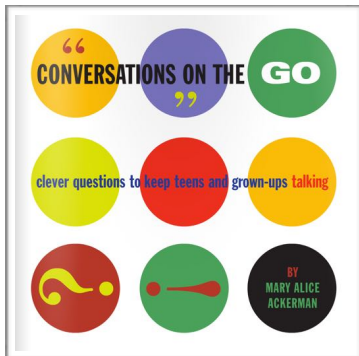
Conversations - especially for teens.

The car is a perfect place to connect with tweens or teens who may not always open up for discussion at other times. Try these two resources from Search Institute.



Propellers: Quick Questions to Launch Good Conversations

www.searchinstitutestore.org/product_p/0822-w.htm



Conversations on the Go: Clever Questions to Keep Teens and Grown-Ups Talking by Mary Alice Ackerman

www.searchinstitutestore.org/product_p/0864-w.htm

About the author

Charlotte Hand Greeson is thankful to share her passion for formation as a manager, editor, and writer for Building Faith. She is grateful for twenty years of Navy life, which has exposed her to a variety of churches and formation styles. She lives in Alexandria, Virginia with her husband and two teenagers.

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