



Prayer for People Who Can't Sit Still

Rev. William Tenny-Brittian

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Prayer has long had an action component to it. There are many ways we can pray that involve our senses and our bodies. Journaling, skipping rocks, drawing, singing, touching, dancing, even walking can be acts of prayer. William Tenny-Brittian, himself diagnosed with adult ADHD, goes back to ancient times and into the techno-generation to share ten types of kinesthetic prayer that will help even the most fidgety connect with God. He has filled *Prayer for People Who Can't Sit Still* with ideas, easy-to-follow instructions, and ways to adapt kinesthetic prayer to most any situation and "personal limitation." Kinesthetic prayer can also have profound effects on the prayer life of children and youth. *Prayer for People Who Can't Sit Still* is a valuable resource in children's and youth ministries, helping these action-oriented age groups to find ways to build relationships with God. A relationship takes time together, says William Tenny-Brittian. *Prayer for People Who Can't Sit Still* is written to help you spend more meaningful time with God.

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