

How to Pray with a Casting Prayer:

- Casting prayers are based upon the biblical description of a “scapegoat” in Leviticus chapter 16th
- Your prayer is placed upon an object that is cast off
- To practice this form of prayer:
 - Select a rock
 - Use a marker to write a word that represents something that you need out of your life
 - Write the word on the rock
 - Cast the rock out, preferable across water
 - As you throw the rock speak to God about this burden and know that as you throw the rock you are casting this burden out of your life
 - Take time: pause, feel, listen, and wait for God