

PRAY

ALIGNING OUR HEARTS WITH GOD'S

Prayer is the ancient practice of talking and listening to God. There is no real formula to it, and it can be as simple as talking about your day (what you are feeling/experiencing). The purpose of prayer is to not only allow God into what is going on in our lives, but also to help align our heart with His heart and will for us.

HOW SHOULD I PRAY

You can begin with a simple conversation with God. However, prayer is not just about notifying God about the good and bad about your day, but about opening our hearts to hear from Him, so leave room for God to speak to you.

How long: *A specific time is not necessary, but it should be as long as it takes to be able to say "Your Will Be Done" and mean it.*

When: *As often, and frequently as possible. God loves communicating with His people. Jesus was in a state of 24/7 prayer, and we are called to mimic Him. In the Scriptures it says to "pray without ceasing" (1 Thessalonians 5:17) so pray as often as you can.*

What Next: *Start each morning this week with 10 minutes of prayer.*

Scripture To Reference:

Matthew 6:5-14 / John 17 / The Psalms (entire book of prayers).