



HOW TO PRAY

Spending time with God... and hearing His voice

Here's a simple structure for your daily prayer time with God. Remember to set aside enough time (we recommend at least 20 minutes a day) and have a set place where you know you will not be distracted. Once you're in a quiet place where you can pray...

(2 min) **ACKNOWLEDGE** that God is here with you as you pray and praise Him for His goodness. Acknowledge that He is with you, in you, and all around you. Then, acknowledge what is going on in your head & heart. Are you joyful? Sad? Going through a really hard time? Be honest with yourself.

(4 min) **RELATE** to God by telling Him what's on your heart. It's okay to be real with God. If you're upset, let Him know. If you're super excited and happy, share it with Him. He is a good and loving Father who wants to hear what's on your heart.

(10 min) **RECEIVE** what God has to say to you by taking a moment of silence, praying with scripture, and taking a moment or two to just listen. God speaks to us through our **THOUGHTS, FEELINGS, & DESIRES**. Pay attention to where there is an increase in peace, faith, hope, and love. You can also journal. This is a great way to make your time with Jesus more concrete. Just put the date on the top of the page, write the Bible verse that jumped out to you the most, and write down what you think God is telling you.

(4 min) **RESPOND** to God by telling him thank you for spending time with you in prayer. Feel free to thank Him for all that He's given you. If God spoke to you in a particular way, remember to write down what He said! Save it and live it.

HELPFUL BIBLE VERSES

Luke 1:26-38 // Mary's Yes

Luke 5:1-11 // Call of Peter

Luke 5:12-26 // Jesus Saves

Luke 5:27-32 // Call of Matthew

Matthew 14:13-21 // Loaves & Fish

Matthew 14:22-36 // Water Walker

Matthew 16:13-20 // Who do You Say that I Am?

Matthew 16:21-28 // Discipleship

Matthew 17:1-13 // Transfiguration

John 4:1-42 // The Samaritan Woman at the Well

John 6: 25-71 // Bread of Life

John 10 // The Good Shepherd

John 15:1-17 // Abide

John 18:1-11 // Betrayal

John 19:17-30 // The Cross

John 20 // Resurrection

Matthew 28 // Great Commission

Acts 1:6-11 // Ascension

Acts 2 // The Holy Spirit & the Birth of the Church

Philippians 4:6-7 // Have no Anxiety at all

Romans 8:11-18 // Life in the Spirit