

Prayer is about communication and connection - the key to any relationship. Simply put, prayer is being with, talking to and listening to God. We pray because we have a relational God who wants us to know him, and live our life with him.

The best way to learn to pray is just to pray! Praying with other people is very helpful, and also the bible has many prayers in its pages.

PASSAGES FOR REFLECTION

Ps 100, Ps 139, Matt 6:9-13, Eph 3:14-21, Phil 4:6-7

FURTHER REFLECTION

What can you thank God for today?

What do you need to ask God's help for today?

"Lord Jesus, thank you that you are a good and loving God and that you hear me when I pray. Help me get to know you better and to live my life trusting in you. Amen"

HELPFUL HINTS

Because people are *different*, they pray in *different* ways. Have you found what is helpful for you?

- Sitting, standing, kneeling, walking?
- Being in a closed room, being outdoors?
- Praying aloud, or silently?