

TAKE HOME FOUR: PRAY

Getting off the ground with prayer can be hard for many new Christians; you just don't know where to start. We want to take the pressure off and let you enjoy prayer stress-free.

Prayer is the greatest and most powerful weapon we have as followers of Jesus. With prayer we communicate with the Father who loves us. Remember, nothing is impossible with him. Getting yourself into a daily rhythm of praying should become as easy as breathing.

Here are some suggestions to help you as you begin praying.

WHO AND WHAT TO PRAY FOR?

- Your family and friends
- Your neighbourhood
- Nation and its leaders
- Those you want to come to faith
- Those in need and other Christians worldwide.
- Those you find challenging
- Your church family
- Your workplace, the place you spend most of your time.

WAYS TO PRAY

Praying doesn't have to be done on your knees at the end of your bed with eyes closed. Prayer is something active and dynamic. Try praying while walking. Maybe writing your prayers down in a journal works best for you. Write them on post-it notes and stick them on your wall. Perhaps doodling while you pray or even doodle as a prayer.

Draw what you want to see happen. Set an alarm to go off at points in the day to remind you to pray.

If you find prayer a struggle, simply use the Lord's Prayer. The Lord's Prayer was never meant to be a religious mumble prayer, but a passionate war cry calling in God's kingdom.

***Our Father in heaven,
hallowed be Your name,
Your kingdom come,
Your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins, as we forgive
those who sin against us.
Lead us not into temptation, but
deliver us from evil.
For the kingdom, the power, and the
glory are Yours
now and forever.
Amen.***

