

The background of the entire page is a photograph showing several hands raised in a gesture of prayer. The hands are of various skin tones and are positioned in the foreground and midground. In the lower-left corner, a dark blue or black Bible is visible, with the words 'John 1:1' printed in gold lettering. The lighting is warm and soft, creating a spiritual and contemplative atmosphere.

GUIDE 1

HOW TO PRAY?

When you pray, go into your room, close the door and pray to your Father who is unseen.

— Matthew 6:6



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PRAYER, A CONVERSATION OF LOVE

To pray is to speak to God.

Not with complicated words to impress, nor with perfect words – but with your heart.

God doesn't expect a performance. He desires a relationship.

Prayer is the breath of the soul. It is a moment of exchange, listening, and trust.

- You don't need to know everything. You don't need to understand everything. You just need to get closer – sincerely.

Let us then approach God's throne of grace with confidence – Hebrews 4:16



THE DIFFERENT FORMS OF PRAYER

1. TO GIVE THANKS (**PRAISE**)

Always start by saying thank you.

Give thanks for life, for peace, for the strength of today.

Gratitude opens your heart to the presence of God.

2. TO ASK (**TO BEG**)

Tell him what's weighing on you, what you don't understand, what you desire.

Nothing is too small for God. He listens to you even in the details.

3. ASK FOR FORGIVENESS (**REPENTANCE**)

Just tell him: "Forgive me." He doesn't expect perfection, but a sincere heart.

4. LISTEN (**SILENCE**)

After speaking, remain silent.

Let peace fill you. God often speaks through a gentle impression, a thought, a verse, a feeling of love.



HOW DO I BEGIN TO PRAY?

Choose a quiet time and place.

Close your eyes. Breathe deeply. Speak to God as if he were your best friend.

***Father, thank you for this day.
Thank you for your love.
I don't always know how to pray, but I know
you're listening to me.
Teach me to know you better.
Speak to my heart.
Amen.***



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PUT IT INTO PRACTICE THIS WEEK

Pray for 5 minutes a day, upon waking, before going to bed, even while walking.

Begin each prayer with a “Thank you”.

- Write down in a notebook what you feel or what you believe God is telling you.



Be persistent in prayer, being watchful in it with thanksgiving. – Colossians 4:2





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