

Here are 3 easy ways to start praying:

1. Pray the prayer that Jesus taught.

“The Lord’s Prayer” is one of the most famous prayers in the world. It’s a short and simple prayer that Jesus taught His closest friends, and it is still prayed by Christians around the world today. Read His words and make them your prayer...

Matthew 6:9-13 (NLT)

Pray like this:

Our Father in heaven, may Your name be kept holy.

May Your kingdom come soon.

May Your will be done on earth, as it is in heaven.

Give us today the food we need, and forgive us our sins, as we have forgiven those who sin against us.

And don’t let us yield to temptation, but rescue us from the evil one.

2. Write a message to God.

What do you want to say to God today? Get some paper and a pen or open the notes on your phone. Write to God like you’re messaging a friend. Tell God how you’re feeling, what you’re thinking about, anything that’s worrying you and what you want His help with.

Save your note or keep your letter in a journal. Practice this every day and get in the habit of reading your old messages to see how God works in your life over time.

3. P.R.A.Y.

Use this simple acronym to help you talk to God:

P- Pause; breathe deeply and be still in God’s presence.

R- Rejoice; what’s been good today? Thank God for it.

A- Ask God to help you and those you care about.

Y- say **Yes** to God; welcome His love, His plans, and His presence into your day.