

How to P.R.A.Y.

Pause

Slow down. Enjoy a moment of transition between where you were and where you are. Become fully present in the here and now and allow your whole self (mind, body, spirit) to settle into a sacred space. By itself, the practice of pausing before God is a powerful form of prayer.

Be still, and know that I am God.

PSALM 46:10

Rejoice

Once you are settled and present with God, simply worship him. Declare his goodness. Say thank you for what he has done in your life. As the classic hymn goes, "Count your many blessings, see what God hath done!"

Rejoice in the Lord always. I will say it again: Rejoice!

PHILIPPIANS 4:4

Ask

The simplest form of prayer is asking God for help. What do you need right now? Ask God to help you with specific requests. He is listening.

...let your requests be made known to God.

PHILIPPIANS 4:6

Yield

As you close this time of prayer, surrender your will to God. Imagine clenched fists slowly opening; tense shoulders relaxing. Lay your burdens before the Lord and don't pick them back up. Through surrender we overcome, by emptying ourselves we are filled, and by yielding our lives in prayer our lives themselves become a prayer.

*...your kingdom come, your will be done,
on earth as it is in heaven.*

MATTHEW 6:10

