



# Daily Steps: Introduction to Prayer

**Here are three simple steps to get you started. God is always waiting for you with open arms!**

1. **Find a place** where you can be alone with God.
2. **Read the Bible.** Aim for at least 10 minutes of reading (see the reverse side for suggestions).
3. **Pray.** When you finish reading, spend a few minutes talking and listening to God just like you would a friend who is sitting next to you in the room. It will seem awkward at first, talking to someone you can't see, but know that He is there with you. He is listening.

## **What should I say when I pray?**

You can say whatever is on your heart and mind when you talk to God. Prayer is simply a conversation with Him. It doesn't have to follow a formula or include fancy words. God can handle anything you want to say to Him because He can already read your thoughts and knows your heart. God just wants to spend time with you, so don't worry about what to say or how to say it.

Here are three simple ideas for your next prayer time:

- Praise and thank God for the blessings in your life. Ask Him to reveal Himself to you in everyday circumstances and in your reading.
- Ask Him to forgive you for ways that you've stumbled or want to improve areas of your life.
- Tell Him all your concerns and problems and ask for His help and guidance.

Spending time daily with God is the most important thing you can do to grow in your faith and discover who God is. Stick with praying as often you can, working your way up to building a daily habit. With some time, you will experience His presence in ways you've never imagined.