

## **DAY 1:**

## **HOW DO I PRAY?**

Maybe you've heard prayer is important. But how do you start? Learn more through this video on God and Prayer (10 min).

## **REFLECT:**

Regardless if you are just getting started in prayer or have been praying for a while now. There are challenges we all experience with prayer.

Perhaps the biggest problem with our prayers is that our prayers are too safe and predictable. Here's how we know that our prayers may be too safe. What would happen if God answered YES to every prayer, we prayed in the last 7 days?" Some of us would only have blessed food. Others would have gotten a good parking spot. Or God would have been with you, which he already promised to be with you.

Think about the prayers that you pray.... Could you be praying too safe. Begin by praying boldly!

## PRAY:

Father, I come to you in the name of Jesus and I admit that often my prayers are too safe and not reflective of what You can really do in my life and the world around me. I pause to pray today for boldness. Help me pray bigger and bolder prayers in my life today and every day. May the boldness of my prayers reflect my view of You Your power and what You are capable of!