



Day 3: Prayer

Welcome to Day 3 of 7. Today we want you to understand what prayer is and how to pray. Prayer is an opportunity to listen to Jesus and share your thoughts with Him. There is no set posture you need to take when you pray or set time and place. What do you pray about? Anything you want...

APPLY: You can use this prayer to get started: *Jesus, thank you that I can have a relationship with You! Guide and direct my thoughts and heart today and help me to be more aware of you.*

You can learn more about prayer by watching this 9:03 video:
<https://youtu.be/R-5BMC4w9oE>