



THE RIDGE

COMMUNITY CHURCH

Day 6: Prayer

Welcome to Day 6. Today we want you to understand what prayer is and how to pray. Prayer is an opportunity to listen to God and share your thoughts with Him. It's not about bowing your head and closing your eyes, although that can be helpful if you're easily distracted. You can pray silently or out loud; it's up to you.

For most people, choosing a consistent time to pray each day is helpful. If you're a morning person, take the first few moments of your day. If you have more time in the evening, allow yourself the freedom to slow down and talk to God then. If you like the outdoors, sit on your porch or take a walk. Praying isn't limited to those moments. Praying while in the car, doing the dishes, or even walking your dog are all great opportunities to connect with God.

You might wonder, "What do I pray about?" The answer is: *anything you want*. If you have a request, ask it. If you're worried about someone, tell God about him or her. If you're celebrating a great moment, thank God for the good news. Remember, there's no formula for what prayer should look like.

Another way to make talking to God easier is to create a list of all the things that are troubling you or that you'd like to talk to Him about. That way you won't have trouble sharing or remembering those things when you connect with Him. If you feel silly or awkward as you start to pray, it may be helpful to write out your prayer as though you are writing a letter to God. You can even do this in a journal or book so you can go back and read it later.

Learn more about Prayer by watching our video: [How Do I Pray](#)

APPLY:

- 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.*
- Download this free resource booklet titled "[Why and How do I Pray](#)"