



# PRAYER

by Judy Crossman

**1. Practice a simple repeated prayer**, while making time to consider the truth behind the words. Several times a day, pray this 3-word prayer out loud: God loves me. Each time, pray it 3 times, emphasizing a different word each time: 1) GOD loves me. 2) God LOVES me. 3) God loves ME! Allow the mystery of this truth to move into your heart and soul. You speak three words three times, but each time, listen in stillness to the truth of this prayer.

## **2. Listening to God by looking for evidence of His power around you.**

- a. When you wake up in the morning, thank God for breath and life before you put your feet on the ground.
- b. Midday, take 5 minutes to look for evidence of God's provisions in your life. This might be things like: strength to get through the morning; an interaction with someone that came as a great blessing to you, or an interaction that was difficult, but you responded with grace; receiving a resource that was beyond your control; a moment of wisdom; sunshine breaking through the clouds; food to eat, etc., etc., etc. Write down what you see (that is a prayer)
- c. Evening – When you crawl into bed, thank God for His provisions in that day. Tell Him that you love Him and listen to see if He brings any thought to mind that brings you into His peace.

## **3. Pray with Scripture**

- a. Ask God to help you find a passage of Scripture that speaks into your life at this time. You might find this as you read Scripture or from a corporate worship service. However you discover this promise or challenge, “own” it for a week or a month.
- b. Read this Word from God over and over and over, pausing in silence after each reading.
- c. Talk with God about this passage, asking Him questions such as: “What does this reveal to me about who You are?” “How do You invite me to live differently this week because of this passage?” “God, since You have promised this, please open my eyes to the way You are fulfilling Your Word.”