

Prayer 101: Ten things to help you pray – in no particular order

1. **Just pray it!!!** There's no bad prayers...and if you get off course (be humble enough to) let God or others bring you back.

Having said that here something that might take you off course:

2. **Don't babble or show off:** Better to say three heart-felt words like 'God I'm sorry' than babble on endlessly about nothing. Don't show off by praying in such a wordy way that it discourages others.
3. **Simple prayers are often the best:** The Lord's prayer is really pretty basic. Go and do likewise.
4. **The Lord's prayer** is a great prayer and a great model BUT it's not a magic prayer: God wants to hear from you and some times that means not praying the Lord's prayer.
5. **Pray with God's people and for God's people:** Prayer is not simply a solitary thing. Like the Christian life, it's best when done as a team activity. Start a prayer triplet! Pray with others, pray often. Pray for St Annes: people, events, etc. (use the bulletin, prayers and activities).
6. **Prayer doesn't require a specific position:** Your heart matters, not the position of your body or eyes.
7. **Pray for** your basic needs, with a forgiving heart, and for strength against sin (see Lord's Prayer)
8. **Ask , seek, knock:** Don't pray great prayers, pray to our great God. Ask for specific things for the Kingdom from your friends coming to know Jesus to healing for sick loved ones. Pray daily, setting aside regular time for focused prayer. Pray anywhere and everywhere for anyone and everything.
9. **Jesus name:** A Christian always prays in Jesus name whether they say 'In Jesus name' or not. Don't think it's a magic phrase reserved for only the most important prayers.
10. **Pray to God, our heavenly Father.** He loves you and wants to hear from you. Jesus made it possible.

If at any time you are unsure how to proceed with prayer...see point #1