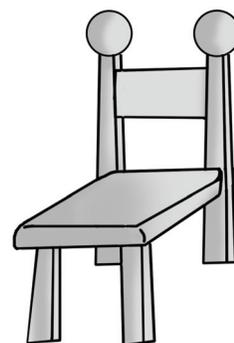


# Learning to Pray

## Find a regular **PLACE** to pray.

Some people find that when they enter a church they immediately feel called to pray, others have a favorite chair they sit in to talk with God or a favorite place in the park.

**Where is a good place for you to pray?**



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## Use different **POSTURES** to pray.

A posture is simply a physical position. For example, some people like to kneel when they pray, others like to sit upright with their hands in their laps, others like to lie on their bed.

**What posture will best help you to talk to God?**

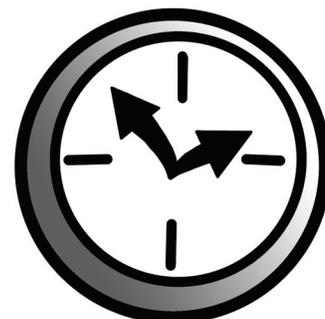


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## Pray at a regular **TIME** each day.

Routine is important. You might already have a routine for how you start your day - shower, eat breakfast, get dressed, pack up homework. Do you have a regular time or pattern for praying each day?

**When is best for you to pray? Before you go to sleep at night? When you wake up?**

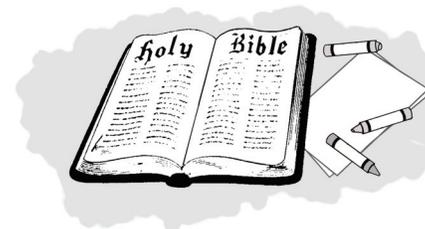


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## Pray in a regular **WAY** each day.

Some people like to begin their prayer by reading a few lines from the Bible and then thinking about them. Some like to pray by writing a letter to God, or by drawing God a picture about what they are thinking or feeling. Some like to pray by first praying for the prayer needs of others, others like to play a favorite song that reminds them about their relationship with God.

**How can you pray in a regular way each day?**



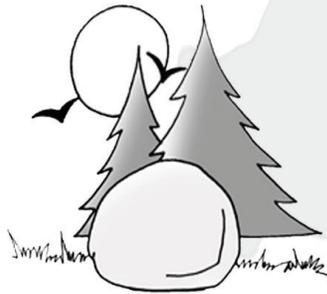
# Try It! — Praying

Let's try praying! As you experience each "stepping stone" color it in and see how colorful your pathway to God really could be!

Pray with your family at meals. What other times will you pray together? Morning? Bedtime?



Pray in nature. Go for a walk and see what you can see that can teach you about God.



Pray with your community. Go to the worship service at your church this week.



Pray for the needs of others. Who most needs you to pray for them at this time?



Pray a prayer of **thanksgiving**. Read Psalm 113.

Pray with the **Bible**. Open your Bible to the Gospel of John and read Chapter 1 verses 1-5.

Pray with **art**. Sit still with a blank piece of paper and some markers, and see what comes into your mind as you draw!

## Set up prayer reminders!

A rock under your pillow  
Bible passages taped to mirrors  
A green dot on your watch so that when you check the time you'll be reminded to pray