

Methods of Praying

There are several ways to pray to God. Here are two: (1) talk to God, and (2) listen to God.

If God is important, then he must be built into our schedule. Pick a time of day and a length of time to pray. For example, set aside 15 minutes before anyone else gets up in your home. Sit in your easy chair or at the kitchen table. Quiet is important. There should be no one talking to you or no TV or radio competing for your attention.

1. Talk to God.

- Tell God what you need and what you want. God is smarter than we are and often gives us things we do not understand and which may not be exactly what we asked for. What God gives us is what he knows that we need now.
- Ask God to help others with their needs. Pray for peace in the world, peace in your family, for those who are sick due to physical, mental, and spiritual reasons. Others are also praying for you.

2. Listen to God.

- Listening is much more difficult. We have to quit talking and listen. God has something to say to each one of us and we can't hear it if we are only in the talking mode.
- When we can begin to listen, we begin to realize that we are not in control but that God is in control. Giving up control to God is a life-long process. When we begin to give up control is different for each one of us. The amount of control we can give up is unique for each one of us.
- Sit in your comfortable spot and try to keep other things from going through your mind. You will find that there are a "thousand screaming monkeys" in you mind all trying to distract you from listening to God. Keep practicing. You will never reach perfection but you are opening yourself to hear God's plan for you.