



Dear Friends in Christ,

This is the first of a series of "bulletin-stuffers" about prayer. We hope and pray that you will find them helpful in your prayer life.

In your conversation with God this week, please take time to pray and to think about the following:

Dear God, I thank you for each new day of life, truly a wonderful gift from you. Help me to live it in ways that reflect my gratitude.

Lord Jesus, In this Advent time of waiting, help me to understand that you are eagerly waiting, too, waiting to hear from me. Help me to remember that your door is always open to me and that I should bring all things to you in prayer. In Jesus' name we pray, Amen.

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1. Pray where you are. God is present everywhere and ready to listen.
2. Pray, when possible, in a quiet place where you can be alone. It is well to fix your mind deliberately on God, with no distractions.
3. Pray to God simply and naturally, as to a friend. Tell him what is on your mind. Get help from the prayers of others.
4. Pray, remembering the good things God has done for you. Count up your blessings from time to time, and give thanks for them. This helps when you find it hard to pray.
5. Pray for God to forgive you for the things you do that you shouldn't, and the good things you should do, but don't. God loves a humble and contrite heart.
6. Pray for the things you genuinely need, especially those that might make your life more Christ-like.
7. Pray for others, remembering the situations they face and the help they need.
8. Pray for the world in its need, asking God to make things better, and offer your help to make this happen.
9. Pray above everything else that God's will may be done in you and in the world. His purposes are deeper and wiser than anything we can imagine.
10. Pray, and then let God use you in answering your prayer.