

How to keep your prayer life up to

PARRR

Prepare- Find a time and place to pray. Make sure you are aware and removed from distractions. Plan to make your time of prayer a priority.

Acknowledge- Acknowledge you are in God's presence, ask for Him to teach you how to pray and praise Him for who He is and all He has done.

Relate- Relate to God. Simply tell Him everything on your heart and mind. Talk to Him like you would a friend whom you trust and know is there for you.

Receive- Receive what God wants to give to you. Listen to Him. Have some time of silence you can journal, read Scripture, a book on prayer, or a life of a saint.

Respond- Respond to your conversation with God. What is something small and simple that God is asking you to do. Make plans to follow through with your response. Keep it simple and something you will actually do