

A variety of examples to renew prayer life. Share at meetings or insert an idea a week in bulletins.

10 Ways to Pray in 10 Minutes a Day

Prayer isn't about words, it's about relationships. It's about our relationship with God, and God's relationship with us. It's about our relationship with our family and friends and their relationship with us. Prayer is about how we relate and communicate in our relationships with God and God's people. Prayer, like stewardship, can become a way of life for us if we take the time to nurture our relationship with God, even in small ways. The following suggestions may help to keep us aware of God's presence that is with us always, as well as the needs of God's people all around us.

1. When you hear a siren or see a fire truck or ambulance, say a prayer for the person/s who has been hurt or is ill.
2. When you're sitting at a red light, say a short prayer for the person in the car in front of you (and in back of you if it's a long light!).
3. When standing in line at the grocery checkout, say a prayer for those who have no money to buy food.
4. Park at the end of the parking lot, and thank God for your ability to walk as you approach of the door of your destination.
5. Get a small notebook to keep by your bed. Each night before going to sleep, think back on the day and write down one thing you are grateful for.
6. Go out of your way to smile and greet people as you pass them in the halls at work or school, or on the street.
7. Tell your kids, your spouse or your dear friends that you love them!
8. When you say to yourself, "Why me, God?" take the time to listen for an answer.
9. Say a short prayer of thanks before and after every meal.
10. Pick a family member or friend each day and say a short prayer for them as you are brushing your teeth.

