



1: what is prayer?

resource: *Help Thanks Wow*

Written by Anne Lamott, **Help Thanks Wow**, is a great introduction to prayer, and to the three basic prayers: asking God for help, giving thanks, and exclaiming wonder. Lamott has a way of writing that is simultaneously pithy and deep.

journaling

For the purposes of this course, we are suggesting that you make an effort to journal at least a few words, once a day. Journaling provides a hint of accountability, a reminder to pray, and a space for some reflection on the prayer experience.

practice: being with God

One of the biggest hurdles to prayer is “I don’t have enough time.” Well, to completely short circuit that excuse, you are invited to intentionally “be with God” during a time when you’re already doing something else. You can be washing the dishes, commuting to work, going for a jog, walking the dog, etc. Pick a task that you do most every day for at least 10 minutes, and spend that time doing that task *with God*. Wash the dishes with God. Walk the dog with God. Commute to work with God. You don’t need to say anything. You don’t need to do anything special. Just bring to mind that you are in God’s Presence, and maintain that awareness as you complete your task.