

# Short Prayer Ideas

Some simple prayer ideas adapted from 24/7:

## 1. BE GOD-CONSCIOUS

Learn to be aware of God's presence - come up with ways to remind yourself to think about God during the day, go for a walk, look at nature, play a worship song, listen for the voice of the Holy Spirit.

## 2. BE BALANCED

If you often find yourself praying about the same things, bring some variety and balance to your conversation with God by using the ACTS acronym:

A is for Adoration – spend time worshipping Jesus. Use your favourite music, a Psalm, write something, or choose a recent answer to prayer to inspire your praise.

C is for Confession – Ask the Holy Spirit to show you when you have fallen short of God's love recently - you might want to use the words of a Psalm as your prayer. Say sorry for whatever comes to mind, and ask the Holy Spirit to help you change.

T is for Thanksgiving – think, speak or write a list of good things in your life today and thank God for each of them.

S is for supplication – supplication is an old-fashioned word for asking. Ask God to help in each situation you face. There's no special language or strategy needed. **Jesus encourages us** to keep it simple.

## 3. BE SILENT

We live in a noisy world full of distractions. Whether you love or hate silence, there is an incredible peace and connection to God when we practise stillness:

*“STEP OUT OF TRAFFIC, TAKE A LONG LOVING LOOK AT ME...”*

*PSALM 46:10 (MSG)*

Try building times of silence and stillness into your day. Choose a time and place with few distractions. Turn off your phone, computer, music and any other sources of noise or connection. If you find silence hard, just try 3 minutes to begin with, and build from there.