



## Ways of Praying 1

### Coming into God's presence.

Have you ever tried different ways of praying?

We would like to introduce you to a variety of ways of meeting with God in the hope that you will find one or more that will enhance your relationship with Him.

It's good to prepare before coming into God's presence and to have a special place where you pray, if that's possible. This could be in a garden shed, a bench in your garden, perhaps a particular room in your home or a special chair, but preferably somewhere that you can relax and be quiet.

Be conscious that you are going into the presence of the King of

Kings so approach with reverence but also with confidence. It may help to light a candle, to kneel or perhaps to gaze at a picture of Jesus or listen to some Christian music.

Start by stilling yourself and be aware of God's presence, let Him envelope you in His love and allow yourself to enjoy it and drink it in.

You could look back over the previous day and note all the good things that happened, then thank God for them.

At some stage during this process it may be that something grabs your attention, if so go with it and allow God to minister to you through it.

Always remember to pray as you can and forget about methods that you don't feel comfortable with.

Do speak to Gill Wood or Pat Brown if you would like to know more or have any queries.

