

1 Simple Way to Tap Into the Supernatural Power of God

I get aggravated when someone tells me what to do but doesn't teach me how. Things work better when we know what we are doing and how to do it.

You are about to embark on a better and more enjoyable journey into prayer time with God. You will gain insight and tips; helping you in your daily relationship with God.

Our prayers have eternal value. If we could truly grasp the awesome power and effectiveness of prayer, we would pray more. We don't want to be a person who only prays when life is tough or when we need a miracle. We benefit from staying constant in prayer and having an intimate relationship with Jesus. We can come to Him with anything at anytime. He already knows our heart and we can't hide anything from Him.

What God says about Prayer:

"Prayer is Powerful and Effective" (James 5:16)

"This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us." (1 John 5:14)

"Devote yourselves to prayer with an alert mind and a thankful heart." (Colossians 4:2)

"Never stop praying." (1 Thessalonians 5:17)

Spending time with God is essential in your relationship with Him. Think about how hard it is to have a close and intimate relationship with anyone we don't devote our energy, time and attention to. God wants us to pray without ceasing, pray with expectation and pray about everything. ** There is nothing in your lives that God considers unimportant. Open your hearts

and minds and just pray.

How to Pray?

Prayer is simply talking to God. You can talk out loud or quietly to Him in your mind. God hears us even when our words are unspoken. You creatively pray by typing a letter to Him or keeping a journal. You can pray alone, with someone or in a group. My personal preference is journaling my prayers in a notebook. This helps me stay focused and I also love looking back to see all the amazing prayers God has answered. There is no one specific right way to pray. Be creative and mix it up daily.

When Can We Pray?

We can pray anytime. God does not sleep or take a lunch break, and he is never too busy to listen.

Where Can We Pray?

We can pray anywhere! We do not have to pray in a Church or in a certain position. We can walk, sit, stand, kneel or lie down. We can pray in our car, in our bed, in the kitchen, in the grocery store and while at work or school. God is omnipresent which means that he is everywhere at all times.

Brooke Lynn is the author *Raised by Strangers* available on Amazon and Barnes & Noble. She is a writer and a speaker who passionately lives – reaching others with God's word and love. She is a survivor of abuse, sharing her past pain and recovery to encourage others with hope. Brooke resides in the Washington D.C. area, has been married for nineteen years, has two children and loves dogs.