

HOPE

for Every Home

**PRAYER
WALKING
MADE
SIMPLE**



PRAYER

What do you think of?

Closing your eyes? Putting your hands together? Maybe a special place, special words or even a special voice?

Prayer is just talking to God. He's our heavenly father and wants to spend time with us. How do you talk to someone you love to spend time with?

Talk to God like that! We don't need to start with 'Dear...' or even end with 'Amen'. We can talk to God about anything, what we are wearing or even a joke we find funny whilst we are watching TV!



We can pray anytime, anywhere, about anything; in the car, in the shower, in bed, when we are playing, working or walking. Prayer can be thoughts in our head and feelings in our heart, it's not just words! Prayer is a conversation with God, so it works best when it includes talking and listening. We talk to God and listen when he answers. He talks to us too!

Don't worry if you've never prayed or heard God speak before. In the Bible a boy called Samuel hadn't prayed or heard God speak before, even though he lived in the temple with Eli the priest. In fact, no one had heard God speak for a long time, but God spoke to Samuel. At first Samuel didn't recognise it was God speaking to him, he thought it was Eli; but Eli helped Samuel to recognise God's voice. Often, we don't recognise God's voice either. It can take practice and it's ok to get it wrong, but the more times we hear God speak the more we will recognise who is speaking.



Starting Off

Start by saying 'Hello' to God in your head, reminding yourself that he is with you. If you are going for a walk, perhaps as you put on your shoes and coat or open the door, invite him to come with you and to talk to you. He would anyway but asking helps you to be alert to his presence.

Hearing God

God made us to be his friends. He wants us to hear him and has given us lots of ways to hear his voice. We are all different, so don't worry if a friend or someone in your family hears God in a different way. Here are some of the ways you might hear God.



Noticing

You might notice something – a person, an object, a place that you’ve never really noticed before. It’s like seeing things in a new way. If you do, stop if you can, ask God why he wants you to notice it and pray for it. If you don’t know what to pray for, thank God for it and ask him to bless and protect it.

Pictures

A picture of something might pop into your head. It might not be from the Bible, God created everything! If this happens, ask God why he is showing you the picture and pray. If you don’t know how to pray, just thank God for the picture and ask him to show you what it means.

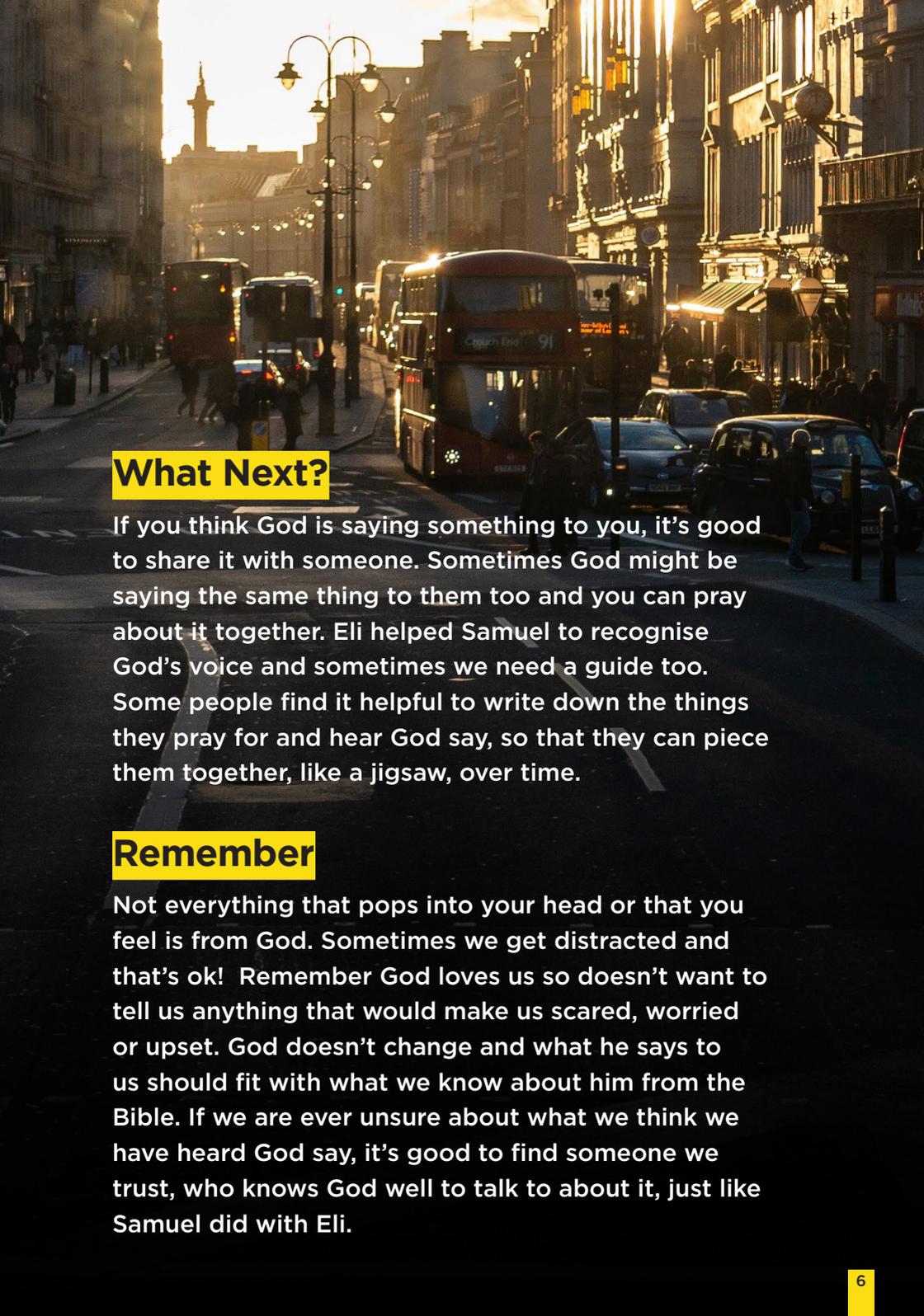


Words

When God speaks to us usually it still sounds like our voice. Sometimes words pop into our head that weren't there before. They might be any words, or they could be from the Bible, a song, poem or book. Notice what they are and ask God to show you why you are thinking about them. Then pray, thank God for talking to you and ask him to help you understand.

Feelings

You might get a feeling/sensation in your body. You might feel hot, fuzzy or tingly. It might be in your head, your stomach or on your skin. Sometimes this is how God gets our attention. Don't worry. If this happens ask God what he is trying to show you. Sometimes the feelings might be linked to something you are seeing with your eyes or in your imagination.

A street scene in London at sunset, featuring a red double-decker bus and other vehicles. The scene is bathed in the warm, golden light of the setting sun, with long shadows cast across the pavement. The architecture is classic, with ornate buildings lining the street. A red double-decker bus is the central focus, moving towards the viewer. Other vehicles, including a silver car and a black car, are visible in the background. Pedestrians are scattered along the sidewalks, some walking and others standing. The overall atmosphere is one of a busy city street during the 'golden hour' of sunset.

What Next?

If you think God is saying something to you, it's good to share it with someone. Sometimes God might be saying the same thing to them too and you can pray about it together. Eli helped Samuel to recognise God's voice and sometimes we need a guide too. Some people find it helpful to write down the things they pray for and hear God say, so that they can piece them together, like a jigsaw, over time.

Remember

Not everything that pops into your head or that you feel is from God. Sometimes we get distracted and that's ok! Remember God loves us so doesn't want to tell us anything that would make us scared, worried or upset. God doesn't change and what he says to us should fit with what we know about him from the Bible. If we are ever unsure about what we think we have heard God say, it's good to find someone we trust, who knows God well to talk to about it, just like Samuel did with Eli.



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