

## How to Improve Your Prayer Life

Spend time on your own talking to God and listening to Him talk to you.  
You may like to:

### Do a Guided Christian Meditation

The Mindful Christian (YouTube)

Abide (App on phone)

Spend  
time with  
God in  
nature

Write a letter to  
God, thanking  
Him for what  
He's done for  
you

Listen to  
and/or  
sing  
worship  
songs to  
God

Do a "Word  
Picture"  
Write words all  
over the page to  
express what  
you're feeling

### Read Psalm 91, 103 or 139 (or any Bible passage) and mark:

- ◆ This is the theme of the passage
- ? I don't understand this. I need to ask for help understanding.
- \* I find this a real challenge to my life. If I take this seriously I'll need to change.
- ♥ This is great! This makes me want to praise God.
- This has implications for our Church or my LifeGroup.

**Do a "Gratitude Count"**

Make a list of everything you are thankful & grateful to God for

Write God a poem

Draw God a picture of what you're thankful for or of what you are feeling

**Journal**

Write down what you are thinking or feeling

Get wise counsel from others

Find a mentor  
Become a mentor

Just chat with God

Let God Talk to you Through Pictures

[www.pexels.com](http://www.pexels.com)

**Put your photos to verses of Scripture**

Use the Bible Lens app on your phone