

An Authentic Prayer

Do you ever struggle to communication with God? Sometimes it can feel like we need to come to God with a certain "presence" or speak in a fancy way but that's not true. God wants to connect with us deeply and in a way that reflects who we truly are. He created us and knows our personality so bring that to him!

This template will help you view prayer as a way to connect through conversation like you were talking to your friend or parent.

Heavenly Father, Creator, Universe, Source

I'm coming to you today to first thank you for all of my blessings (mention a few). Please help me to (say what you're needing) eg: help me heal and be stronger in my relationships with my friends. I also ask you to protect my mind, my family, friends, business etc. I want to connect to you deeper and make room for what you have written for my life. I struggle to understand (insert here) eg: why bad things have happened and not turned out the way I thought was best but I do want to understand and grow in this area. Please give me insight and help me to trust you more too. (If you're angry about anything now is a perfect time to talk about that. God is not afraid of your emotions, He wants to know more about you and to be in relationship with you.) I pray against anything that is not designed by you for my highest good. Thank you for peace, growth, support, and healing.

-Amen