

**Want to pray
but just don't
know how?**



WHAT IS PRAYER?

**Prayer is talking and listening to
God.**

It's a conversation.

**You could talk out loud...
you could pray silently in your
heart.**

**You could pray through music or a
walk in the park.**



HOW TO START

Find a quiet moment



Thank Him first



Be honest with God



Listen



Share what is on your mind



A simple starter prayer...

**“Dear God, thank You for being here with me.
I don’t always know what to say, but I want to talk with You.
Amen.”**

EXPLAINING THE LORD'S PRAYER

**“Our Father in heaven, hallowed be Your
name...”**

We remember that God is Holy.

“Your kingdom come, Your will be done...”

**We ask that God’s ways of love, peace, and
justice fill the earth.**

“Give us today our daily bread...”

We trust God to provide what we need.

**“Forgive us our sins, as we forgive those who
sin against us...”**

**We receive God’s forgiveness – and share it
with others.**

EXPLAINING THE LORD'S PRAYER

“Lead us not into temptation, but deliver us from evil...”

We ask God to guide and protect us.

“For Yours is the kingdom, the power, and the glory forever. Amen.”

We finish by praising God again – because everything belongs to Him.



**“God feels too far
away”**

**“I don’t know what
to say”**

**“Why would God
want to talk to me?”**

**Remember: God never stops
listening. Even a whisper – or a sigh
– is enough.**

**PRAYING WHEN
LIFE’S HARD**

DAILY DEVOTION

**Try making prayer a normal part of your day.
You can pray ANYWHERE!**



**Morning: “Thank You for
this new day.”**



**Before class:
“Help me do my best.”**



**With friends: “Bless the
people I love.”**



**Night: “Forgive me and
give me rest.”**

PRAYER IDEAS

A Prayer for Strength:

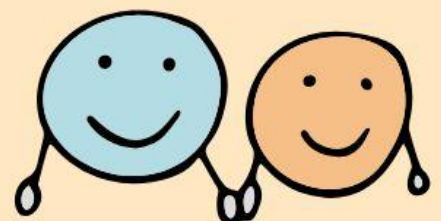
“God, sometimes life feels heavy. Please give me strength to keep going, courage to do what’s right, and peace when I’m afraid.”

A Prayer for Exams:

“Lord, help me to remember what I’ve learned and do my best. Give me calm and clear thoughts.”

A Prayer for Friends:

“Thank You for my friends. Help us to support each other and be kind, even when we disagree.”



PRAYER IDEAS

A Prayer for Forgiveness:

“Dear Jesus, I’m sorry for hurting others and for not always living as You want. Please forgive me and help me change.”

A Prayer of Gratitude:

“Thank You, God, for this life. Thank You for loving me and for never giving up on me.”



PRAYER POINTERS

Today I want to thank God for:

Something I need help with:

Someone I want to pray for:

A verse that speaks to me:

What I felt during prayer today:

NEED SOME EXTRA GUIDANCE?

**Come and speak to Jemma, our
Chaplain.**

DON'T FORGET

**Prayer is not about perfection – it's about
connection.**

Keep talking. Keep listening.

**"DRAW NEAR TO GOD, AND HE WILL DRAW
NEAR TO YOU."**

JAMES 4:8