



# PRAYER GUIDE

## Did you know you can talk with God directly?

Anytime, anywhere. That's what prayer is—talking with God. You can speak out loud, or in your head. And when you talk with God, it doesn't have to be some weird, flowery statement. Just talk normally.

Let us then approach the **throne of grace** with confidence, so that we may receive **mercy** and find **grace** to help us in our **time of need**.

—Hebrews 4:16

## What to pray for

Use the word **T.A.G.** to give you an idea of what to pray for.

**T**  
**A**  
**G**

**Thanks.** Think about things you can be thankful for and thank God.

**Apologize.** Making mistakes clouds our ability to see God working in our life.

**Guidance.** Ask God for help in all the areas you need it. He wants to help.

## How to end a prayer

Most often people will end a prayer by saying, "Amen." This word simply means, "Let it be so." By saying "amen" you're confirming that you believe God will work in response to what you prayed.

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## Challenge

Take a few minutes and talk with God today. Tell Him about your day, let him know something you're thankful for, a mistake you made, and something you need help with.