

# Religion in Daily Life: Praying to the Lord

Prayer is conversation with the Lord inviting Him to help us. Talking with the Lord about what is on our minds and in our hearts can lift us up and make us more receptive of what the Lord wants to give us.

- Teach your children the Lord's Prayer and say it with them.
- Holding hands with your family when you pray can make prayer even more special.
- Talk to the Lord in times of trouble. He already knows what is going on in our lives, so we might as well talk about it with Him!
- Write a prayer to the Lord. One way to start is to look in Old or New Testament for one or two verses which praise the Lord, thank Him, or ask for His help.

## Helpful Resources

A Prayer Organizer for Talking with God

A Calligraphy of the Lord's Prayer (with a border to color)

Make a Prayer Journal to focus on your relationship with the Lord