

Invitation from
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**spiritual practice
of simple prayer**

DEEPEN YOUR INTIMACY WITH GOD THROUGH SIMPLE PRAYER

Simple Prayer is described perfectly by its name. It is an open and honest conversation with God where we do not worry about saying the "right" things. We do not concern ourselves with the eloquence of our words or a need to express ourselves clearly without emotion. We simply speak plainly and from the deepest parts of our hearts to God who is present with us as a loving friend.

Through simple prayer, we learn to trust God by bringing our authentic selves into the conversation. In simple prayer, we fumble, we cry, we laugh, we ramble, and we ask questions. Through simple prayer, we learn to easily talk with God throughout our day. We develop a friendship with God because we discover that God desires to be a part of every aspect of our lives. Nothing is too much for the eager ears of God. We are not too much when we come before God.

HOW TO PRACTICE

As you begin practicing simple prayer, it can be helpful to picture God with you. Picture God as ready to listen. God leans forwards wanting to hear every word that comes from your lips, wanting to know the innermost parts of your heart. Share all that comes to your mind with your new or old friend.

Simple prayer is both a scheduled practice where we set aside time to enter a conversation with God and it is the avenue through which we can engage in conversation in every part of our day. Simple prayer sparks conversation in our quiet spaces, in our cars, and in the office. God is near to us in every place.

Example of Simple Prayer

“Well, here we are. I’m still tired. The weather is getting nicer. Yesterday was hard. I don’t feel like I got to take a breath all day. Will today be the same? Can you help me remember to breathe? What do you want today to be like? What is important to you today? What should I pay attention to? I’ll look for you in the day. Help me remember. Can we talk about...?”

PRACTICE CHECK IN September 6th and 20th

Each month, we will have two opportunities for you to check in with our community and share about your experience engaging the spiritual practice for the month. On these days, share on social using #pursuelife or scan the QR Code to upload a picture and reflections that we can share through our social media, email and in conversation with one another!

