

For some people sitting quietly in prayer comes easy. But for others, walking, drawing, or doing a repetitive task aids in prayer. Some people are helped by music, others not. Find the best way for you to pray. These gifts are meant to help you.

### **In this bag you will find...**

... a candle. Light it to remind your of the Holy Spirit's presence during your time of prayer.

... journal, pen, pencils. Use these to journal, list people to pray for, or color or draw images as suggested in the devotions.

... clay. Use it any time that holding something helps you focus on prayer. See p. 124, Week 1 Saturday, for an example.

... beads. Use them for counting blessings or saying a phrase of scripture over and over. See p. 144, Week 4 Friday, for an example.

... hand. Learn what each finger represents and use your fingers to count off daily prayers.

... note cards. For prayer lists you can carry with you.

### **Other things that might help you...**

... clear an area and set aside a time for devotions. Put away distractions. Let others know this is a time you don't want to be disturbed.

... a Bible

... a church directory or phone book.

... reading glasses or anything else that you might need to make you comfortable during this time with God.

If you find you are imperfect in prayer, take heart – God loves imperfect people. But keep trying. Developing a closer walk with God is tough. It does not come naturally. But like any good relationship it is worth the effort.