



Top tips

- Try not to focus on prayer requests. God already knows what we want and need and so do we. What we don't know yet is God's perspective - that's where the adventure starts. He can't take us very far until we lift our eyes up to him.
- Not many people find it easy to pray by just sitting silently - by engaging our senses or doing something active we're much more likely to connect and much less likely to be distracted.
- If you liked something you found in this pack, why not try something else with the same symbol?
- If you tried something and it wasn't right for you, don't give up, try something else. There's loads to choose from and these are just ideas to get you started - feel free to adapt them and add your own.
- Connect with God, but don't leave it there! Take the awareness of God with you out into the next thing that you do.
- Feel free to share your own prayer ideas, useful books on prayer and things that work for you on our Facebook groups *11 @St Tees* and *7 @St Tees*.