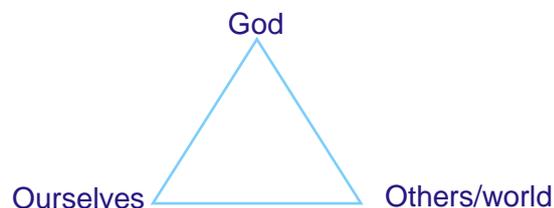




What is prayer?

At it's core, prayer is about **connection**.

- Us connecting with God.
- Us connecting with others in a different way, because we start to see things from God's perspective instead of our own.
- God connecting with others in a different way because of our prayers.

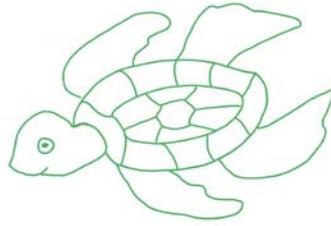


When we connect with God, **we can be completely ourselves**. It's not about doing the right thing or saying the right thing - we don't even have to use words at all. It's about connecting with the creator of the universe and the one who loves us more than we can ever know - and there are more ways to do that than there are grains of sand on the beach.

Tuning in to God

Prayer is about tuning into God and what God is doing; it's about us **becoming more aware of what God is constantly up to**. It's a bit like the EAC (East Australian Current) that the turtles ride in *Finding Nemo* (bear with us! And watch the clip on You Tube if this makes no sense) The EAC is constantly flowing but in the film the turtles and fish can dip in and out when they want. When they do opt in to the current, it's exciting and adventurous and they get to where they're going a whole lot

faster. They may not know exactly where they'll end up but it has definition, they know what direction it's headed in.



It's the same with prayer. **God is active and present and working the whole time:** it's up to us how connected we want to be with what God is doing. God wants to partner with us in everything and when we do, amazing things happen. We might not know exactly where we'll end up, but we know that God is defined by love, hope, peace, joy and all the fruits of the spirit, so those are the kind of things we can expect.