

Prayer Practice | Simplicity

Purpose

This sheet serves to give ideas on how to practice prayer in correlation with the simplicity practice. If you want to practice prayer but do not know where to start, simply choose 1 of these and apply it to your daily schedule.

- **Silence:**
 - We live in a world of noise. There is endless noise around us and there is often endless noise within us. God invites us into moments of silence to simply be in his presence. Set a period of time (start small, like 5 or 10 min, and work your way up) and pick a location in which you do not speak but can isolate yourself from sound. Allow this time to not be intercession for yourself or others or a time to seek a word from God, but a time to simply be silent. After your time of silence take time to reflect.
- **Solitude:**
 - At times we need intentional moments away from others to be alone with God. Set a time and pick a location to be alone. Plan this time out for intentionality. Bring a book to read. Get your favorite coffee. Ride your bike. Walk in a park.
- **Thankfulness:**
 - A key element of contentment is gratitude. A form of prayer that leads to contentment is thankfulness for your current reality. Thankfulness for the people, possessions, and life that you have. Spend time writing, speaking, or sharing your gratitude.
- **Time with Phone Off:**
 - One of the main distractions from what is in front of us is our phones. A way to fight this is to simply turn your phone off to give attention to the present.