

# NEVER STOP PRAYING.

By Kara Plett

Dear Friend,

Have you ever tried to spend time talking to God and found it hard? Maybe your mind starts to wander, you can't stay focused, or you get so frustrated that you just give up.

We know we want to spend time with God, talking to Him and listening to Him, but so many things get in our way.

Some people like to keep a prayer list that they can read through. This is a great idea.

Some people like to journal while they pray, writing down their conversations with God. We love doing this, too.

We find if we can do something while we pray, it helps us stay focused. We have an idea for you today.

On the back page, write the word PRAY in the middle of the page. Trace around the outside of the word and start a conversation with God. You could thank Him for something.



Keep tracing the shape outwards. As you do, continue praying... about a worry, for someone else, for love Listen to God. Keep going.

Drawing, talking, listening.

We hope you have a great time talking with Him today.

CJ Star and Neeley Joy

