

Responses to the 2/24 Bulletin Insert on Prayer

Prayer is important to me, because ...

- It is a direct way to talk to and with God
- I feel connected to God & that He's there to help and support me always!
- It is about being in relationship with God. It recognizes and draws upon that relationship.
- To give thanks for all my blessings; to ask for guidance; to ask for strength & perseverance
- I know I have a confidant that I can trust and is always there
- It gives me the opportunity to articulate my thoughts and feelings so I can better understand them
- It helps me feel more connected to God. I feel like I can let go of some of the stress I'm feeling and allow God to take some of the burden off of me.
- For me it opens up the line of communication with God. Opens my heart to hear what He has to say.
- It's when I can hear God talk to me and remind me that I am loved no matter what I have done wrong and what others are saying.
- It's a time when I can talk to God – it's a reminder to me that I can talk to him any time, it's a time for me to unburden/ask for help.
- Reminds me of being grateful – Connects me to my past and memories.

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Prayer is important to me, because ...

- It's a form of communication with God.
- I think it's direct communication with God.
- It is my communication to God and fills me with hope and sustains me, especially in difficulties as well as good times.
- It gives me a chance to ask questions and see if I get answers or I am given the answer.
- It calms my fears.
- It helps me to remember who is in charge of my life.
- It brings me closer to God and makes me feel better.
- It reminds me to be thankful; it gives me perspective.
- Helps me clear my mind; helps me remember the blessings I've received and those who have not.
- It reaffirms God is working in my life and watching over me.
- It seems to help me stay sober.
- It reminds me that there is always someone listening.
- It is my special time to deepen my relationship with God – personal talk and sharing.
- It makes me feel like I am not alone, like I do have to it all myself.

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My favorite way to pray is ...

- When I am outside & walking by myself.
- In the bed before sleep (nice dark room)
- 1) long walks; 2) listening for God's voice when driving
- I read a daily devotional in the morning. I pray and give thanks in the morning with coffee.
- Speaking directly to Jesus/God.
- To look at art.
- Throughout my day – any time or any place – whenever I need to share a joy or concern.
- In a quiet moment; right away when something is on my mind.
- Sitting alone in a quiet bright room looking out at nature.
- Right before I go to sleep, in my warm bed; I love praying as I fall asleep.
- Any time – Quiet reflection, usually alone
- Walking in the woods.
- On my knees in my bedroom.
- At bedtime. I reflect on the day and ask for help in coping and prayers for loved ones.

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My favorite way to pray is ...

- When driving in my car since I am alone and have the ability to be quiet – or when walking in the woods with silence and beauty around me.
- On the run, as needed. On a hike in the woods or at the ocean – being grateful.
- When it is quiet and it's like talking to a friend.
- Simply talking to God. Thanking him when things are good or asking for his help.
- Silently
- Silently
- At night when I am settling down to sleep – think of all the good that occurred during the day.
- "God's grace and healing for us all."
- To myself before bed.
- While walking in the woods or on the beach, the serenity of nature enhances the moments of connection.
- Singing hymns, asking for God's help, with our kids, praying in church.