



Tips for Praying with Our One Percent Audio Guide

Jesus delights in you and loves that you're taking this initial step to grow closer to him!

- **Ask God to help you.** Jesus is the perfect teacher and he loves you.
- **Learning any new skill takes time and practice.** Please be patient with yourself.
- **Respond to the prompts.** Each One Percent Prayer audio guide will prompt you to
 - **relate** your heart to Christ, that is to speak to him from your heart
 - **listen** for the ways in which he responds to you
- **Silence in the audio is there on purpose.** This is your opportunity to tell Jesus about what's on your heart and listen for him responding to you.
- **Speak from your heart in your own words**
 - Don't worry about finding the perfect words. Parents love to hear their toddlers' voices, even as they fumble to express themselves. God loves your voice and wants to listen to you.
 - Some people find that talking out loud can help
 - Others find it easier to journal their responses, writing out their thoughts
- **Listen in silence**
 - Resist the temptation to fill the silence or "check out."
 - Relax. Breathe. Jesus is the perfect teacher, he knows you, and knows how to help you know him. Worrying about whether we're "doing it right" can sometimes cause us to miss his still small voice.
 - If your mind wanders, gently bring yourself back to listening to Jesus.
 - If distracting thoughts come up, give them to Jesus. If the same thought keeps coming up, ask him if there's something he wants you to know about it.
 - Everyone is unique. Some common ways people "hear" God speak are:
 - A verse from Scripture stands out or comes to mind
 - A sense of God's presence, peace, rest, or love for you
 - You get an insight about the Scripture or your life
- **Practice humility.** Showing up and attempting to pray is our gift to God, what happens in our prayer is God's gift to us.

Thank you for praying with us. Know that our team is praying for you.