



DAY 04 - PRAYER

LIVE THE FLOURISHING LIFE: FLOURISHING FAITH

Prayer is communication with God. In most religions, it's the main way to express faith and experience feelings of spiritual connectedness. It has been a part of human spirituality throughout history, having been practised among people from ancient civilisations to indigenous tribes.

Prayer has always taken many different forms, so how you experience it will be different depending on your faith and culture. It could be done formally by reciting blessings or other statements. Or it could be informal—a free, personal expression to or dialogue with God. You might praise God, give thanks, bring requests for yourself or others, confess, or communicate your feelings. You might pray on your own or with others, every day or on certain occasions, at set times or as you feel like it. Your prayer life might look like any or all of these things at different times.

Prayer is for every moment of our lives... (it's) a place where you meet God in genuine conversation.

[Billy Graham](#)

There are many reasons to establish a new practice or prayer or deepen an existing one. The enduring nature of prayer throughout all different times and places shows its importance to us as humans. Connection with the divine has always been part of the human experience by bringing communities together, providing comfort and peace to individuals, deepening their spiritual lives and marking rites of passage.

Modern studies have even shown that prayer has a positive impact on health by reducing anxiety, depression and stress. Forms of prayer that focus on God more than oneself have been proven particularly beneficial for well-being.

So make time and space today to talk privately with God. If you're new to prayer, try out a few different things and see what works for you—freely speaking what's on your mind, reciting prayers from a scripture, or even writing down your prayers. Whichever way you pray, remember that any communication is a two-way street. Express yourself to God and listen for a response