

## TALKING TO GOD

*One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples."*

*He said to them, "When you pray, say:*

*"Father,  
hallowed be your name,  
your kingdom come.  
Give us each day our daily bread.  
Forgive us our sins,  
for we also forgive everyone who sins against us.  
And lead us not into temptation."*

Luke 11:1-4

Also see Matthew 6:9-13

Jesus taught the Lord's prayer as an example, a guide to follow. It shows us some of the things we should pray for: forgiveness of our sins and our forgiveness of the sins of others. He teaches us to pray for provisions we need for daily living. He tells us to pray for God's kingdom – for a world under God's rule.

But there is another form of prayer – one I refer to as *Talking with God*. This is less formal than the Lord's Prayer. It's communing with God – through Jesus spending time with him as a friend. If you spend some time like this in your day to day life, you will develop an intimacy with him. By openly sharing your thoughts and feelings with God like this, you will be building trust with him, When you walk and talk with God you will be living a God-centered life.

- Have any of you tried talking with God in this way?
- Without getting too personal, what kinds of things did you talk about?
- Did it help you sense his presence?

Having a close relationship with God through Jesus – is important, especially when you're going through emotional troubles and feeling alone with it. When you wish there was someone who could understand, Jesus understands. He too has suffered and experienced loneliness.

- When you're having trouble emotionally who is the first person you call to share in your pain?
- Have you tried making Jesus the first person you call?
- Why? Why not?

The best way to talk with God is in any way you feel comfortable. What would you say to a friend? If you're not sure where to start, try simply talking to God about whatever you have on your mind. God is happy enough with ordinary every-day language and every-day things.

Do you like to journal your prayers, talk to God – out loud or through your thoughts? Whatever works best for you is good. If you like to write like some do, open your journal and tell God whatever comes to mind. Sit back and be comfortable with him. Think of the relationship you have with a close friend – someone you can say almost anything to. You could have a close relationship like that with God as well.

- What's on your mind?
- How do you feel?
- What does the day hold for you?

Feeling free to be who you are:

- Are you able to be open with God about your feelings?
- If not, what makes it difficult?

The trouble for most of us is how to build time with God into our schedules. For all of us, I believe, reserving thirty minutes or so for time with God is important. We need to try for that. It might mean going to bed earlier.

*Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.*

Mark 1:35

- Jesus went to a solitary place. Where is your favourite solitary place?
- What time of day works best for you to have quiet time with God?

You are God's child. He longs for you to come to him – to be with him – to talk to him.