

We can often think about prayer as a shopping list – going to God and asking him to do this, this and this.

But prayer is so much more than that – it's a relationship!

It's about opening our hearts to allow God to fill our lives with his presence, his wisdom and his love.

Whatever we are bringing to God – our joys or our sorrows, our hope or our despair – nothing is ever lost with God.

He hears all of our prayers. And when we pray with open hearts, we deepen our relationship with him.

In this session we explore what it means to pray and how you can get started if you have never tried before – or if you need a bit of a refresher, which we all do from time to time!

You can find the full series of Exploring Prayer [here](#).

Blessings,

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