A five-part series on speaking and listening to God

Exploring Prayer

Over five lessons, Archbishop Justin explores different ways of praying. From asking for things and giving thanks, to expressing deep sadness and anger, Exploring Prayer helps you begin – or develop – your conversation with God.
Exploring Prayer

PART 1: Asking God

Watch part one
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PART 2: Learning to Lament

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PART 3: Saying Sorry

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PART 4: Giving Thanks

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PART 5: Wonder!

Watch part five

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