A close up of a flower

Description automatically generated

4 Tips to Pray By

By: Gary Stratman

***Close the door---Take off your shoes***

***Open the windows---Fold your hands***

1) **Close the door** - find a prayer closet - attempt to close the door to the distractions and clutter inside and out for a few moments each day - a regular time each day

2) **Take off your shoes** - remember not literally but seriously - no matter where we pray it is place to meet God - it is holy ground - probably not a burning bush like Moses - but God is present

3) **Open the windows** - missionaary Frank Laubach once said "I do nothing but open the windows, God does all the rest" You can do this by listening to your breath and saying a part of the prayer with each inhalation and another on the exhale…

4) **Fold your hands** - or open your hands - whatever prayer position helps you focus on God and let go of your stuff

A picture containing computer, clock, monitor

Description automatically generated

A close up of a flower

Description automatically generated

4 Tips to Pray By

By: Gary Stratman

***Close the door---Take off your shoes***

***Open the windows---Fold your hands***

1) **Close the door** - find a prayer closet - attempt to close the door to the distractions and clutter inside and out for a few moments each day - a regular time each day

2) **Take off your shoes** - remember not literally but seriously - no matter where we pray it is place to meet God - it is holy ground - probably not a burning bush like Moses - but God is present

3) **Open the windows** - missionaary Frank Laubach once said "I do nothing but open the windows, God does all the rest" You can do this by listening to your breath and saying a part of the prayer with each inhalation and another on the exhale…

4) **Fold your hands** - or open your hands - whatever prayer position helps you focus on God and let go of your stuff

A picture containing computer, clock, monitor

Description automatically generated