

“Be still and know that I am God.” Psalm 46:10 (NLT)

“Delight without Discipline soon Dissipates.” - Pete Greig

A simple, memorable template: **P.R.A.Y.**

- **Pause**

“When you pray ...” Matthew 6:7 (NLT)

- **Rejoice**

“Our Father in heaven ...” Matthew 6:9 (NLT)

- **Ask**

“Give us today the food we need.” Matthew 6:11 (NLT)

- **Yield**

“May your Kingdom come soon. May your will be done on earth ...” Matthew 6:10 (NLT)

Study Guide

Let's keep this very simple: Take the P.R.A.Y. acronym and take a few moments to practice ...

Pause (Carve out a few moments to quiet yourself before the Lord ...)

Rejoice (What is worthy of rejoicing over in your life?)

Ask (Go ahead ... ask! It may be helpful to jot down your 'asks' in a journal.)

Yield (Search your heart - are there any areas that you're tightly holding? Practice releasing them and trusting Him.)