



## 7 Ways To Revitalize Your Prayer Life

Focus on today God changes your life day by day. Focus on this very day, the people and events of today

Be specific God is specific and He wants us to be too. "Bless Sue" is very different from "help me understand why Sue is so irritable right now and what I can do"

Gratitude thankful people are happy people. Most people can do this easily but if you're having a hard time start with the simple, obvious things(thank you that my stove worked or I had soap for my shower)

Invite the Holy Ghost play soft instrumentals of hymns while praying. Keep your scriptures close and begin by reading. Follow the leading of what to pray for that the spirit often brings. You can learn a lot just from that.

Write down actions and do them: As thoughts flood your mind, write down God's to-do's. Make them a priority. God can only direct your path if you're moving.

Remember others We all want to have an impact for good on the world. Christ's miracles were individual, one-at-a-time.

Wait and Listen: Be confident. Trust. God will answer