

Buddy prayers

Spend time this week talking to God as you would talk to a friend. Forego formal prayers and instead, speak to God (out-loud or in your head) as though you and God are out to dinner, taking a walk together, or just hanging out.

What things do you talk to your friends about? Have conversations with God about the things that are important to you—not just the things you think you **should** talk to God about. Practice speaking **and listening** to God.

Be honest and trust God with your whole being. What are you struggling with? What things bug you? What are your secret dreams and desires? What do you hope for out of life? Make sure your buddy prayers aren't just a monologue, allow the Holy Spirit to converse with you in every-day language about the things that you are already thinking about! Bring it all to God.

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