

# SOUL CARE

## GROUNDING IN CHRIST

### Grounding Week Four

## PRAYER: TWO-WAY CONVERSATION WITH GOD

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Spend 15-30 minutes a day in conversation with God, prayer a two-way conversation.



Share with God your concerns, give thanks for your victories and answered prayer, and petition God for needs of yourself and others.



Pause, listen for God's voice in your life. Don't rush this time, but sit in silence in God's presence and allow Him to speak into your life.



Pause, some more. Lean in to God and rest in His presence.



Respond back to God. Remember it's a two-way conversation.

