

SpirituallyHungry.com
Presents:



**PRAYER PRACTICES
FOR THE BUSY
LIFESTYLE**

Welcome

We are busy, busy, busy people, right? We're always on the go, our day is never long enough, and we wonder how we have the energy to do it all. Does this sound like you?

This new free resource from Spiritually Hungry has been crafted with you and your busy lifestyle in mind.

We understand that you want to connect with God, but how do you do that when your toddler is having a meltdown, or your baby won't sleep through the night, or your teenager broke curfew, or your spouse picked a fight with you, or your midterm paper was due yesterday?

Life often gets in the way with our relationship with God, but it's not the same on His end.

He is always, ALWAYS, there. We just need to become aware of that reality and that's what we want to help you with!

Here at Spiritually Hungry, we are really interested in your connection with God because we believe that relationship is the most important thing we can invest in. It is the only thing that brings true life, healing, joy, and understanding.

And from that relationship comes the outpouring of God's goodness to the people in your world. This is just one way that God's love spreads - it flows out of us.

God is really invested in you. Seriously, God loves you more than you could ever imagine and wants to help you through your busy day!

So go ahead scroll through these 5 practices and see which one might fit your busy life. But before you get started, just a quick prayer for you...

God,

Thank you for being there for me, whether I realize it or not. Help me to tap into your presence as I go about my day. Help me to stop and remember who it is that walks with me. I get overwhelmed easily and lose sight of you far too quickly. Help me focus my eyes, heart and mind on you in the midst of confusion, chaos and life. Thanks for being so good to me and loving me as I am.

Amen.

Practice 1

Practicing the Presence

Okay this one is a goodie!

The whole purpose of this spiritual practice is to help you walk with God no matter what you are doing, from washing dishes at home to sitting through a meeting at work.

And even better...it's super simple!

Practicing The Presence means keeping in mind that God is with you as you go about your day.

For example:

- As you are embarking on your daily chores: keep God's presence in the forefront of your mind.
- As you are commuting to and from work or school: keep God's presence in the forefront of your mind.
- As you are watching your children: keep God's presence in the forefront of your mind.
- As you are meeting up with your friends for coffee: keep God's presence in the forefront of your mind.
- As you are studying for a test: keep God's presence in the forefront of your mind.
- As you are watching TV: keep God's presence in the forefront of your mind.
- As you are working at the office: keep God's presence in the forefront of your mind.

You got the idea! Just keep renewing/refreshing the reality over you throughout your day that God is with you!

Seriously, just give it a shot and see what happens to your mind, heart, and attitude as you try out Practicing The Presence for awhile.

Practice 2

Unplugging

This practice is about becoming unconnected to the world so you can connect to God.

For a set period of time, i.e. 30 mins, 4 hours, a whole day etc., try not use technology.

- Simply turn off your cell phone.
- Don't use social media.
- Keep the TV off.
- Don't listen to the radio.

By shutting out the world, you can open yourself to the still quiet voice of God.

We are often over stimulated in our fast noisy world, but God very frequently speaks to us in the stillness and quietness of our inner being.

You can learn to tune your ears to His voice by shutting off distractions.

What's great about Unplugging is that you can do this in the midst of your routines and duties of the day.

It's another way to become open to God's presence among you and a way to respond to Him by saying, "I am listening, I am here. I don't want anything to distract me from hearing you."

Give Unplugging a try during your day, maybe for a whole day if you're courageous enough!

Practice 3

Centering Prayer

This is a prayer practice that requires you to simply focus on making yourself present with God.

Begin by finding a comfortable place and focusing on the awareness of God's presence with you.

Simply be with God and rest in His love for you.

Focus on the reality that His love is overwhelming you, and try to allow yourself to experience it.

As you do, center yourself into this truth and awareness. If your thoughts should wander, simply relax your mind and try to center yourself back to the presence of God.

If you happen to fall asleep, don't beat yourself up - maybe sleep is what your weary soul needs. Just like a parent who loves having their child rest soundly in their arms, rest soundly in the Lord's.

This practice could be done in a mere minute, so don't try to overextend yourself.

Start off slow and intentional understanding your limitations.

Believe me, God will meet you where you are.

Practice 4

Breath Prayer

A breath prayer is a simple statement that you can use throughout the day to help you deal with your thoughts, stresses, and heart matter.

Breath prayer allows you to focus on the prayer and God, and it's incredibly simple.

To begin, *first breathe in air while saying a name or title for God such as:*

Jesus

Father

Spirit

Creator

Healer

Redeemer

Then, slowly exhale out your concern or desire such as:

“Help me”

“Be with Me”

“Comfort Me”

For example, you might slowly breathe in the name “Jesus,” while thinking about Him and what He has to offer you. Then, you slowly exhale while saying, “Keep me close to You” and truly focus on releasing your concern into the loving arms of Jesus. Repeat this prayer as many times as needed.

Practice 5

Prayer Throughout the Day

Being in connection with God throughout the day is a wonderful privilege Christians can participate in, but only if they are cognizant of God’s presence.

One way to become aware of God surrounding us is to pray throughout the day.

One Way To Pray Throughout The Day (and you get to use your phone to help!)

- Set an alarm or reminder on your phone to come up every waking hour (or at least with a regular frequency) to remind you to stop and pray for a moment.
- Think about what you would like to bring before God, and let that be the focus in your prayers.
- You might focus on the stresses you are facing, or you might simply pray to understand more about God’s love for you.

Honestly, you can focus on anything of importance to you - the main point of this exercise is the discipline required to complete it. When that alarm or notification sounds, stop everything and focus on an awareness of God’s presence and speak with Him about what’s on your heart.

Now I understand you may not physically be able to stop everything, but in your inner being, you can. It is a discipline that takes time to master. But in the inner sanctuary of your mind, you can build a place where you and God can meet in the midst of life.

Try this for a day (or if you really want a spiritual challenge, maybe even a week) and see what happens when you attend to God in this organized way.