

## HOW TO PRAY BEFORE YOU PRAY – THE 3 R’S

“28 Days of Prayer”

Psalm 46

### RELAX

Psalm 46:4-5

Psalm 46:10 *“Be still, and know that I am God.”*

### REFLECT

1. How am I thinking about God?
2. How do I picture Him?
  - Do I view Him as a vending machine?
  - A frowning father?
  - A cold, impersonal force?
3. Are there things blocking my relationship with Him?
4. Are there things going on that make me uncomfortable or embarrassed before God?

### RENEW

Psalm 46:1-3