

## *“Love Letters”*

### Tools that might help us:

The ‘First5’ App: <https://first5.org/>

*From the App:*

**“We say we put God first ... So wouldn’t it make sense that we give Him the first 5 minutes of each day?**

‘We must exchange whispers with God before shouts with the world.’ Lysa TerKeurst”

### Finding Inspiration and Making the Most of Prayer Time:

- **Scripture is God’s love letters to us.**
- **God wants what you can give.**
- **If our prayers aren’t perfect, it’s OK.** Don’t walk away. Keeping putting in the time and effort. It will yield fruit, even if not right away.
- Short prayers are long enough.
- Pray through constant wonderments throughout the day.
- *lectio divina* is not the only way to pray but offers one way to approach Scripture. It helps us to slow down, focus and think about what the Inspired Word is seeking to communicate to us. This will hopefully help us engage in a deeper conversation with God. This methodology offers techniques to help us with our goal of a relationship with God, with Jesus.
- It takes time; be patient.
- Accept what happens – accept the cross. God’s will may lead us to a cross; will we allow ourselves to be dependent on God with that cross? *God will be with us.*
- Not every reading of Scripture is going to lead us to a point of conversation with God. That’s OK.
- Journaling our efforts, trials and successes in conversing with God and building a relationship is a great way to reflect on our journey over time. It can be vulnerable to put our thoughts on paper. That’s OK.
- Even the smallest chains can bind us from achieving a deep relationship with God – seek and pray to free ourselves from those chains – to dismantle our ego and pride.
- Don’t be a slave to our sins... the weakness of ‘my’ will prevents the God’s will from being done.
- We need to soften our stony, hardened hearts.