

Inspired to  
**PRAY**





# BACK TO THE **BASICS**

PRAY

DISCIPLE

SHARE

A woman with dark, curly hair is shown from the chest up. She is looking upwards and slightly to the right with a thoughtful expression. Her hands are clasped together near her chin. The background is a soft, out-of-focus gradient.

What is prayer?

Prayer is talking **WITH** and  
listening to God.

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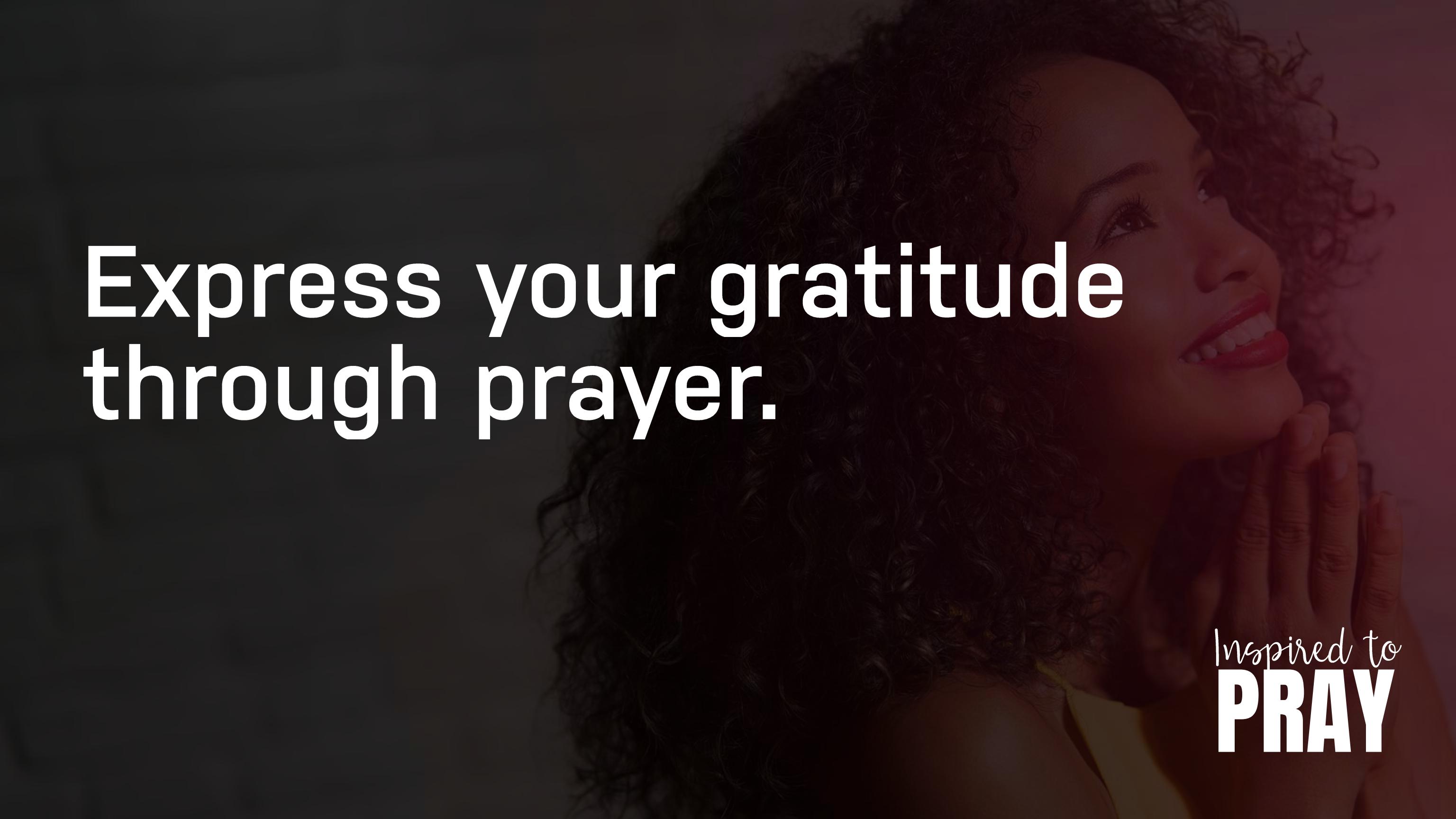


Philippians 4:6-7

1 Thessalonians 5:16-18

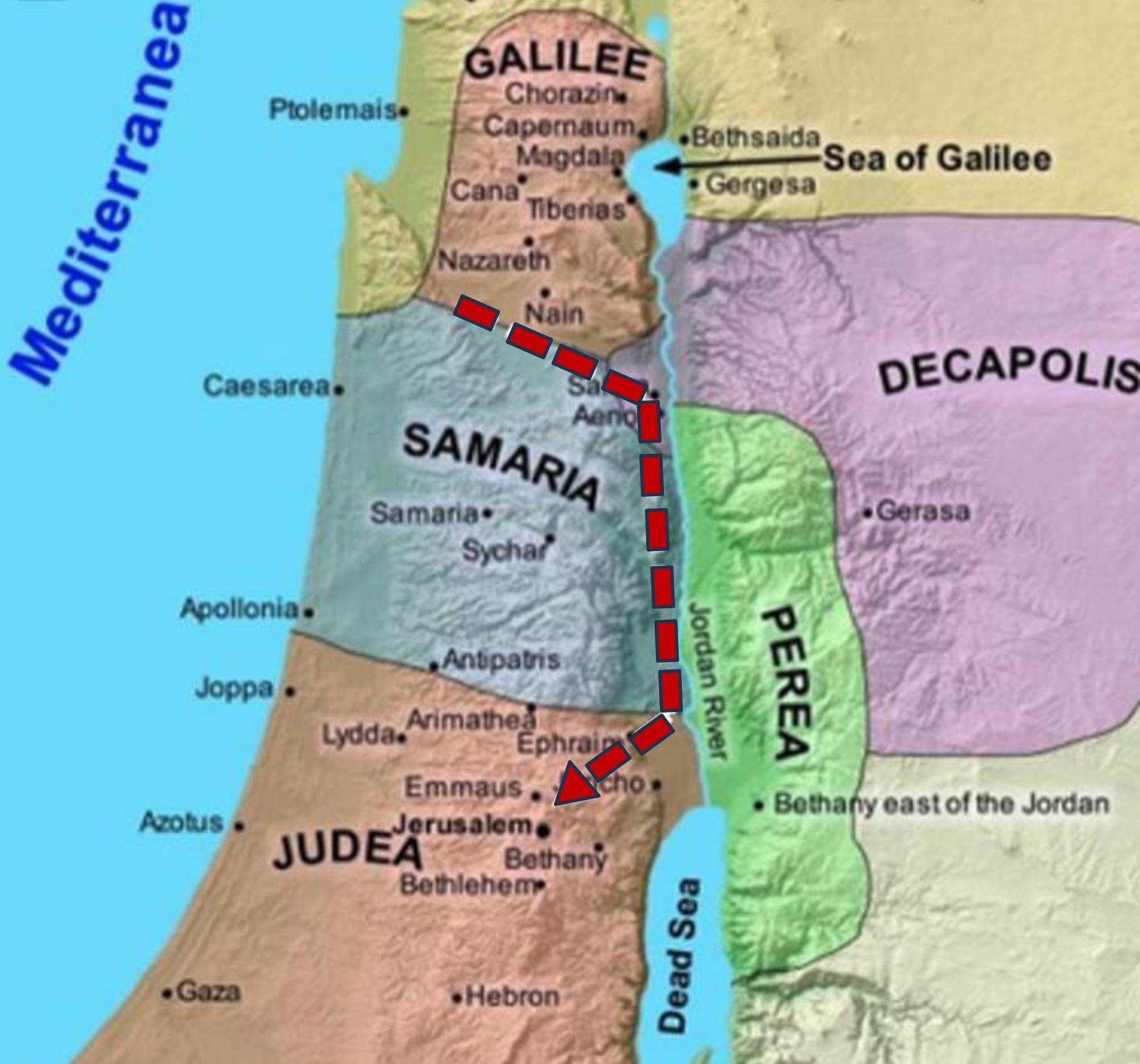
Romans 1:21

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A woman with dark, curly hair is shown from the chest up. She is smiling warmly at the camera and has her hands clasped together in a prayerful gesture near her chin. Her eyes are slightly closed or looking upwards.

Express your gratitude  
through prayer.

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We can be...

- Healed BUT not express our gratitude.

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We can be...

- Healed BUT not express our gratitude.
- Obedient BUT not express our gratitude.

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We can be...

- Healed BUT not express our gratitude.
- Obedient BUT not express our gratitude.
- Close to God BUT not express our gratitude.

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# Express your gratitude through prayer:

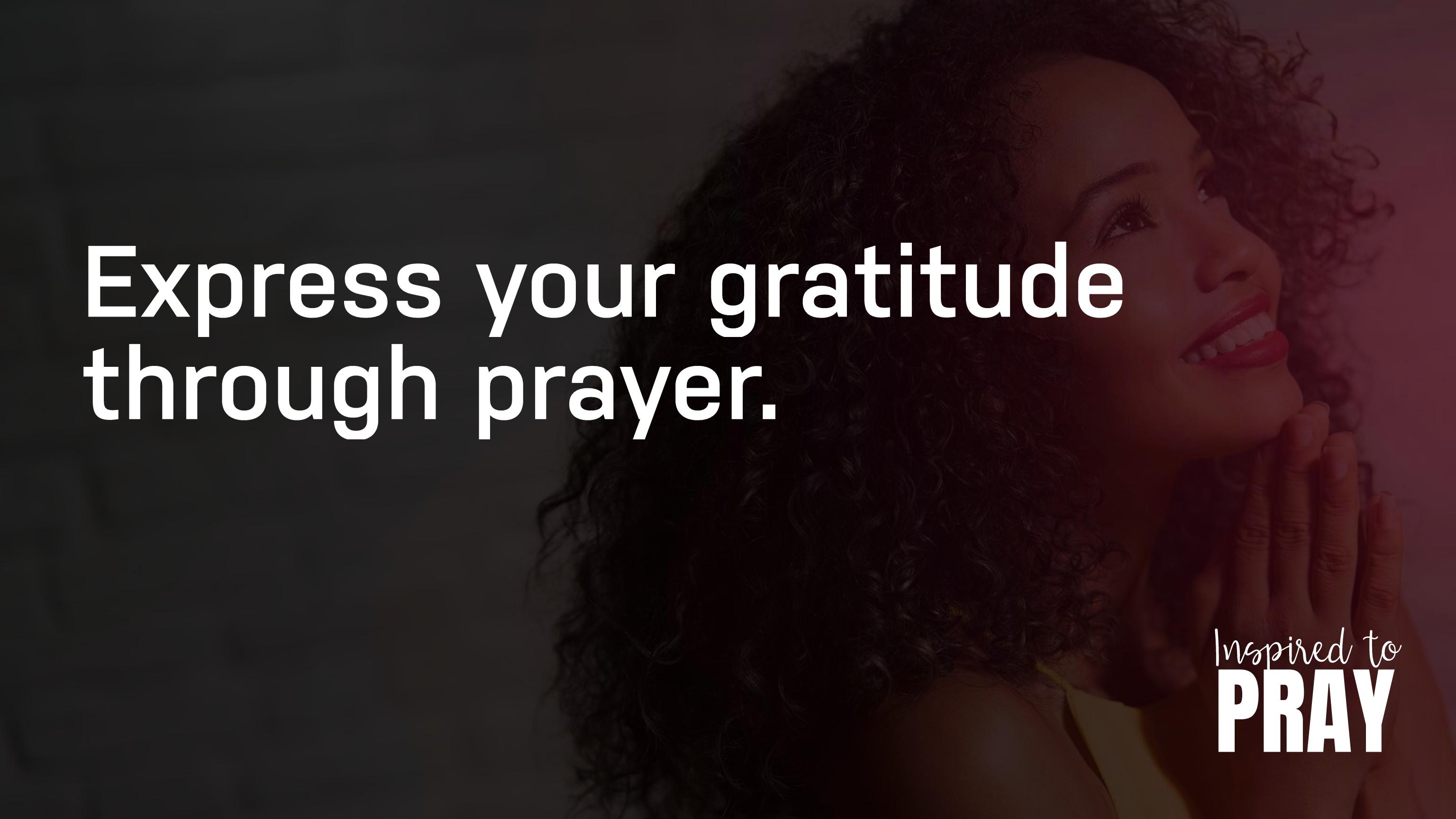
- Give thanks expressively. (15-16)

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# Express your gratitude through prayer:

- Give thanks expressively. (15-16)
- Give thanks right away. (17-18)

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Express your gratitude  
through prayer.

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Your Challenge for this week:

Develop the habit of expressing your gratitude to God for your life everyday through prayer.

Show your gratitude expressively!

Show your gratitude right away!

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# The George Bailey Effect

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# How can I deserve to be in God's presence?

- Romans 3:21-26
- Romans 5:1-2
- Hebrews 10:4-14, 19-23
- Romans 8:31-39

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# NEUROPLASTICITY

