

Pathways



Heart

Transformation

I know that God has the power to transform lives, and I am learning how God is actively transforming me.



First Steps

Set aside five minutes to pray at the same time each day. Use a timer. Begin by telling God whatever is on your mind. Spend the remaining time listening for God. Increase your prayer time by two minutes each week.



Next Steps

Read "Prayer Made Easy." Learn about the ACTS prayer, the Jesus prayer, Lectio Divina, and other ways of praying. Take a moment at the end of each prayer time to record your concerns or joys and journal your insights.



Continuing

During your prayer time, invite the Holy Spirit to be evident in your life through the day, to be in a state of continual awareness about God's presence and the needs of those around you. Take The Way of Prayer course when it is offered.