

Relational Prayer: ARRR

A Way of Sharing Your Heart & Mind with Jesus/the Father/Mary

As we go into prayer, it is very important to take a few moments to become aware of God's presence. Before we even turn towards God, we know that He is already present to us, loving us, desiring us, and wanting to be with us. We could even say that prayer is simply a personal **response** to God's presence.

Prayer is a **relationship**. We need to cultivate this relationship by taking time each day to simply be with God, to speak with Him about what's on our minds and hearts, and to especially take time to **listen** to Him and **receive** all that He wants to give us, most especially His love. Below are some simple “steps” to help cultivate this relationship.

1. **Acknowledge**: to be aware of and acknowledge your **thoughts, feelings, and desires**

- Ex: “I feel worried about ____; I feel grateful for ____; I’m angry at ____ for ____; This thought/feeling troubles me; I feel at peace/joyful; I desire to be closer to ____; I feel annoyed/distracted.”
- Important to Acknowledge ALL of them, not just the “good” ones, but also the “bad” ones and the “ugly” ones

2. **Relate**: to honestly share your **thoughts, feelings, and desires** with Jesus/the Father/Mary

- Trust that Jesus/Father/Mary cares about you and wants to hear what you have to say
- Jesus is “safe,” so you can tell Him EVERYTHING, as you would your closest confidant.
- Sometimes we think, “I shouldn’t be feeling/thinking that way towards ____.” However, we already are thinking/feeling that, and God wants to meet us RIGHT where we’re at, not where we THINK we should be, so it’s best to **Acknowledge** exactly what I’m *thinking, feeling, and desiring* AND to **Relate** it to Jesus/the Father/Mary so that He/she can meet me Right where I’m at, and to carry me through it.
- NOT sharing some of my *thoughts, feelings, and desires* leads to feeling distant/disconnected from God

3. **Receive**: To listen to what Jesus/the Father/Mary wants to say to you.

- Listen to your **thoughts, feelings, and desires**—that’s how God speaks to us
- Maybe God will bring a Scripture verse to your mind
- Maybe God will give you a thought such as “I am with you; it’s going to be okay.”
- Maybe you feel peace, joy, loved, God’s presence
- Maybe God makes you aware of a lie that has been functioning in your life (Ex: the lie that I’m all alone, that I’m not worthy of God’s love, that there’s something wrong with me)

If there’s a “lightness,” clarity, peace, then it’s **OF GOD**, and so just receive it

If there’s a “heaviness,” confusion, discouragement, then it’s **OF the Evil one**, and so reject it

4. **Respond**: You respond to whatever *thought, feeling, or desire* you received

- Oftentimes it’s simply saying “Thank you” or praising God
- Could be to make a resolution about a change of life
- Could be to renounce a lie