

Two-Way Prayer

1. Think of a specific question you'd like answered. You might ask for help with a problem, direction for your future, or insights about your relationship with God or a person in your life.
2. Take a moment to relax. Open your heart. Be willing to receive wisdom from a source higher than your everyday mind. Trust that God wants to speak to you.
3. In writing, address your question to God, using whatever name is most comfortable for you. (Jesus, what goal is most important for me to pursue in 2018? Father, how can I bring healing to my relationship with my mom?)
4. Now write as if God is speaking to you. Open with an address of endearment, perhaps "my beloved child" or "dear one."
5. Continue to write down whatever thoughts arise without stopping, analyzing, or censoring.