



# Prayer Pulse Check

Get a quick read on the health of your prayer life.

**Select the phrases that reflect where you are today.**

- Prayer feels dry.
- I don't really understand prayer.
- I used to pray, but God never seems to answer, so what is the point.
- I am not sure prayer matters.
- I'm too angry to pray.
- Prayer just feels like me asking God for stuff.
- Others pray such beautiful, wordy prayers. I don't know how to do that, and I feel uncomfortable praying.
- Prayer seems like a waste of time.
- I am too busy to sit and pray.
- I want a spirit-filled life, but I don't know how to achieve that.
- Prayer is for super spiritual people.
- I don't know how to fit prayer into my daily life.
- I know the Bible says pray without ceasing, but that is impossible.
- When I try to pray I get distracted.



If you checked seven or more, pause for a moment and notice how that feels.

God created us to commune with Him through Jesus, in the Spirit. Yet the busyness, struggles, and pains of life can often cloud our connection with the Source of Life. I've been there too, and you don't have to be resolved that prayer doesn't offer new life. If you are ready, I invite you to come, rest, and discover a way of praying that transforms you from the inside out.

*Jesus is also inviting you to a rhythm of life that is full of love and grace:*

*"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me, and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." **Matthew 11: 28-30 (MSG)***

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