

Jesus taught that the attitude in which we come before God in prayer is what matters, not outward displays of appearing righteous or spiritual.

Jesus often withdrew deserted places to pray alone to God.

Prayer is a beautiful way to connect with God, and it doesn't require any special formula or complex rituals. Here are some thoughts on simplicity in prayer and how to pray:

1. **Be Present: God is always alongside us**, ready to listen. **Prayer** is about giving our attention to God in a **two-way spiritual relationship**. We talk to God, but we also listen to Him. Imagine having a conversation with your loving Father.
2. **Ways to Pray:**
 - **Use Words:** You can think, speak, or even sing your prayers.
 - **Use silence:**
 - **Pray spontaneous prayers:**
 - **Pray using liturgy, scripture or prayer book.**
 - **Amen:** Respond with "Amen" when someone else prays.
 - **Share Your Feelings:** Give your emotions and thoughts to God.
 - **Prayerful Actions:** Light a candle, visit a church, or engage in a meaningful activity.
 - **Quiet Time:** Spend quiet moments alone with God or with others.
3. **The Lord's Prayer:** When Jesus' disciples asked Him to teach them to pray, He gave them the **Lord's Prayer**. It's a simple yet profound model:

