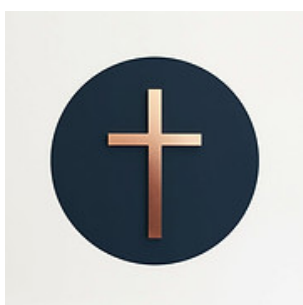




Beginner's Guide to Prayer – A Simple Guide for New Christians

A gentle, practical starting point for talking with God.

What is prayer?

Prayer is talking with God. It is a way to share what is on your heart, listen, give thanks and bring the ordinary details of life into your relationship with Him.

Prayer does not need to sound formal or perfect. You can use simple words, pause when you need to, and speak honestly about joy, worry, confusion or hope.

God hears every sincere prayer. You do not have to find special words or have everything figured out before you come to Him.

Why prayer matters

Prayer deepens your relationship with God. As you return to Him in the small moments of each day, trust can grow and faith becomes part of everyday life, not only something you think about on Sundays.

Prayer can bring peace when life feels uncertain. Philippians 4:6–7 encourages us to bring our requests to God with thanksgiving, and describes the peace of God guarding our hearts and minds in Christ Jesus. This is an invitation to turn towards God with what troubles you, one concern at a time.

Prayer also helps align your heart with God's will. As you pray and reflect on Scripture, you can ask for wisdom to choose what is loving, patient and faithful, even when the answer is not immediately clear.

READ: PHILIPPIANS 4:6–7

How to start praying

Begin simply. You can try these three steps today:

01

Find a quiet place

Choose a spot where you can pause, even if it is only for a few minutes.

02

Speak honestly

Tell God what is really happening, including questions and difficult feelings.

03

Use your own words

There is no perfect script. Start with what you would like to say to God.

A simple framework: ACTS

If you are not sure what to say, ACTS can offer a helpful shape for prayer. You can follow each part in order or simply use the one that feels most helpful today.

A

Adoration

Praise God for who He is: loving, faithful, wise and good.

C

Confession

Be honest about where you have fallen short, and ask for forgiveness and help to grow.

T

Thanksgiving

Thank God for blessings, support and signs of grace, both big and small.

S

Supplication

Bring your needs and the needs of others to God. Ask for wisdom, strength and care.

Small ways to build a rhythm

- Pray daily, even for just a few minutes. A small, steady pause is a meaningful place to begin.
- Write prayers in a journal. Note what you are asking, what you are thankful for and how you see God at work.
- Pray with others. A trusted friend or church community can encourage you and share the things you are carrying.
- Pray Scripture back to God. Read a short passage, reflect on its words and turn them into a personal prayer.

A simple prayer to begin

Dear God,

Thank You for being with me and for loving me. I want to know You more. Please forgive me when I make mistakes, and help me to grow in kindness and faith.

Please give me peace today, guide my choices and care for the people on my heart. Help me notice Your goodness and trust You one step at a time.

I pray in Jesus' name. Amen.