

ARRR

(Acknowledge, Relate, Receive, Respond)

ARRR describes what authentic, conversational prayer with God looks like. It's a way to help you bring everything in your heart to God and experience His personal love for you. In a conversation with God, you'll often find yourself going back and forth between these movements. Don't feel locked in to following these steps one after another.

Acknowledge: Take a few moments to be aware. What's going on inside of me (thoughts, feelings, desires)? What did I experience today that made me feel happy, grateful, at peace, or loved? What did I experience today that made me feel sad, lonely, frustrated, angry, or stressed? What things am I anxious about or don't understand? What sins am I sorry for? What do I need help with? What things am I looking forward to in the days to come? What do I want to feel, experience, or know during this time of prayer?

Relate: Now that you are aware of what's going on inside, tell God all about it. Be as authentic and honest as possible. Here are a few ways to start:
(*You can also direct your prayer to the Father or to the Holy Spirit.*)

"Jesus, thank you for..."

"Jesus, today I felt... (sad, scared, happy, anxious, etc.) when..."

"Jesus, I'm having trouble with..."

"Jesus, I don't know what to do about..."

"Jesus, I don't understand..."

"Jesus, I'm frustrated (with You) about..."

"Jesus, I'm sorry for..."

"Jesus, I want/need your help with/to..."

"Jesus, I'm really excited about/looking forward to..."

"Jesus, during this time of prayer, I want to feel/experience/know..."

Receive: Listen. Be open, quiet, and still, and wait. If you have a thought or feeling that pulls you toward God, that is God "speaking to" you or moving you closer to Him. Maybe you have a clear sense of something He is asking of you, or maybe you just feel peace, hope, or joy. Rest in that; let it soak into your heart, mind, body, and soul. If you don't feel like anything is happening, that's ok. Prayer doesn't always produce wonderful "feelings"; like any human relationship, it's normal that we may not always feel close to Him. The two most important things we can do are: 1) just show up (*be consistent*) to talk with God 2) to be *honest* with Him about everything. It may help to read scripture passage and see if anything strikes you. Trust that God is with you and is loving you, even if you can't sense it.

Respond: Whatever you receive from God, it will open up a way to respond. Maybe it's simply expressing gratitude for what you've received, or making a concrete resolution to follow through with what He is asking of you in a specific situation. Maybe it's asking God to help you in some specific way. Again, tell Him all about it! If you don't know how to respond, just ask Him to show or tell you how in the days to come.