Set aside a place to pray

lt could be at your kitchen table, or in your favourite chair.

Set up a surface for your Bible, a bowl and candle

- ➤ You might also find a few flowers from the garden in a small vase, a cross (even if it's on a necklace) or another symbol such as a stone, rock, branch, etc might be helpful.
- Keep a small journal and pen nearby to note the prayers and people that come to mind as you pray and read your Bible.

Set aside a time to pray and dwell with God

- On a Sunday, you might like to maintain your routine and pray when your community would normally meet.
- During the week, you might find time with your morning cup of tea.
- Whatever time you choose, try to stick with it as best you can.

