

What is the big deal in your life now?

In other words, what are you worried or anxious about? Angry about? Disappointed? Troubled? What are you feeling?

Talk to God about that thing:

Tell Him what is happening. Tell Him how you feel.

Ask Him for help:

Write or speak out your prayer to Him.

Listen and Look for His response:

It could come in a Bible passage, a song lyric, a word, a conversation.
