**Buddy prayers**

Spend time this week talking to God as you would talk to a friend. Forego formal prayers and instead, speak to God (out-loud or in your head) as though you and God are out to dinner, taking a walk together, or just hanging out.

What things do you talk to your friends about? Have conversations with God about the things that are important to you—not just the things you think you **should** talk to God about. Practice speaking **and listening** to God.

Be honest and trust God with your whole being. What are you struggling with? What things bug you? What are you secret dreams and desires? What do you hope for out of life? Make sure your buddy prayers aren’t just a monologue, allow the Holy Spirit to converse with you in every-day language about the things that you are already thinking about! Bring it all to God.

**Buddy Prayer Exercise:**

Take a piece of notebook paper and draw a line down the middle. On the top of the left side of the paper, write your name. On the right side, write “God,” “Jesus,” or whatever name of God you’d like to use. Starting on the “you” side of the paper, write a question to God to begin a dialogue. Use the right side of the paper to write God’s response to you. Carry on a conversation with God using each side of the paper.

Spend time in silence and reflection as you have this conversation with God, taking care that God’s answers are not just “your” answers, but that you are attentive to the words and work of the Spirit as you carry on this conversation with God.

When you are done, thank God for meeting and having a conversation with you.

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