

## Practice 1: Develop a daily prayer rhythm

*(adapted from pp. 22–23 of the Practicing the Way Companion Guide available at [practicingtheway.org](http://practicingtheway.org))*

Our practice for this week is to **develop a daily time and place to be with God through silence, solitude, and prayer.**

### Suggestions

1. Find a quiet, distraction-free place. This could be a corner of your home or somewhere outside.
2. Find a quiet time. This may be the first thing in the morning, during lunch break, or right before bed. The intent is to give God your best time of the day.
3. Settle in. Leave your devices at home or put them away in another room (unless you're using an app like Lectio 365 to guide your prayer time). Breathe deeply and let your mind and body quiet.
4. Open your heart to God in prayer. You could use the Lord's Prayer as a framework for your prayer, or pray a psalm. Some psalms to start with include 1, 16, 23, 37, 40, 42–43, 63, 84, 91, 86, 103, 121, 139.

Start where you are, not where you think you should be. That could be 5 minutes, 20 minutes, or up to an hour.

Come prepared to talk about this practice with your small group next week.

### Bonus

Try the Spiritual Health Reflection available at [practicingtheway.org/reflection](http://practicingtheway.org/reflection). Be ready to talk about this with your small group next week.