

Baby Steps with Christ – Free Guide

Episode: How I Found a Prayer Life That Isn't Boring: Talking to God Personally

Introduction

This guide is designed to help you take small, intentional steps in developing a personal relationship with God through everyday conversation with Him.

In this episode, we talked about how prayer is often viewed as something religious, formal, or impersonal, and how that can make it feel distant, forced, or even boring.

But prayer was never meant to feel like performance.

It was meant to be relationship.

The goal is not to pray perfectly, but to begin including God in your everyday life honestly, personally, and consistently.

NOTE: Prayer doesn't have to be spoken out loud. It can be silent or verbal. It's simply a conversation with God, whether in your thoughts or in your words—pray whichever way you feel comfortable.

1. Learn to Let Go of Prayer as Religious Performance

For many people, prayer feels intimidating because they think there's a right way to sound, speak, or approach God.

But real relationship with God begins when you stop performing and start talking to Him honestly.

Prayer is not about perfect words.

It's about connection.

Baby Step:

- Today, talk to God the way you would talk to someone you trust, without trying to sound "formal."
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2. Learn to Include God in Everyday Life

Prayer is not supposed to be separate from your life.

It's supposed to be part of your life.

You can talk to God anywhere, anytime, and about absolutely anything.

The more you include Him in ordinary moments, the more natural your relationship with Him becomes.

Baby Step:

- Today, talk to God about anything throughout your day, wherever you are.
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3. Be Honest With God About How You Feel

Relationship grows through honesty.

You do not need to hide your frustration, confusion, anger, fear, or doubt from God.

He already knows what you feel.

The important thing is learning to bring those feelings to Him instead of hiding them from Him.

Baby Step:

- Today, tell God one honest feeling you've been holding back—whether it's about Him or someone else. Just be honest and real.
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4. Learn to Listen as Well as Speak

Prayer is conversation, not just talking.

As you spend more time with God, you begin learning how He speaks directly to you.

This often develops gradually through relationship and daily connection with Him.

The more aware you become of Him, the more you begin recognizing His character.

Baby Step:

- Today, as you pray to God throughout the day, take moments to pause and listen for a response. Learning to hear from God takes time and practice, so don't get discouraged if it feels quiet at first—just stay consistent and don't give up on the process. Also, ask God to help you learn how He communicates with you.
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5. Build Relationship Instead of Routine

Prayer changes when it stops feeling like a task and starts feeling like relationship.

The more you speak to God throughout your day, the more connected to Him you become.

And the closer your relationship becomes, the less prayer feels boring or forced.

Baby Step:

- Today, stay aware of God and talk to Him as your day unfolds.
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6. Continue Building Daily Connection With God

Relationship with God grows little by little through consistency.

Small daily moments of pausing help you become more aware of Him in your everyday life.

Baby Step:

- Today, stay connected to God by taking moments throughout your day to bring your attention back to Him and speak with Him about what's on your mind in each moment.
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7. Growth Moment

Take a moment to reflect how on prayer has been for you this week:

How did prayer feel in the past?

- A ritual instead of a relationship
- Something you only turned to when you needed help
- A task or responsibility
- Something that felt distant or forced
- Something you weren't sure you were doing "right"

Did you experience prayer differently as you practiced this week?

- Am I starting to talk to God more naturally throughout my day?
- Do I feel more comfortable being honest with God?
- Am I beginning to include God in everyday moments?
- Does prayer feel more like connection than routine?

Baby Step:

- Don't stop here. Continue speaking with God daily throughout your day.
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Closing Thought

Prayer was never meant to be complicated.

It was meant to be conversation with God.

And the more you include Him in your everyday life, the more your relationship with Him grows naturally.

Over time, prayer stops feeling like a religious obligation because it becomes something deeper:

Connection.

Relationship.

Living life with God instead of simply trying to do things for Him.

Suggested Daily Prayer

God, help me stop viewing prayer as performance and begin seeing it as relationship. Teach me to include You in my everyday life, speak honestly with You, and recognize how You speak to me personally. Help me grow closer to You through daily conversation and connection.

In Jesus' name

Amen.