

# Habit #4: Speak with God

# Big Idea

- **Big Idea:** Speak with God every day through prayer.
- **This Week's Challenge:** Pray for 5 minutes each day this week.

# The Core Habits

- Speaking with God is the second of three core habits
- “They’re the basics that matter most. They’re like playing scales in piano, or shooting baskets in basketball. You need other skills besides playing scales or shooting baskets, but you never outgrow these basic practices.”

# Key Ideas

- Prayer is both easy and hard at the same time.
- The hardest part is to start.
- Pray like a child.
- Use the Bible to fuel your prayers.
- Don't see prayer as another thing. See it as a way to manage your life.
- Experiment with prayer tools.

# This Week's Action

- Set a timer.
- Tell God what's on your mind for five minutes.
- If you would like, use a tool that will help you to pray.