

## 10 Tips to Pray Often and Strengthen Your Ties with God

1

*Count your blessings before you get out of bed*

2

*Pray in the car*

3

*Pray before you eat - snacks too!*

4

*Say "Help me, Lord. Thank you, Lord." through the day*

5

*Listen (and sing) to Christian music*

6

*Randomly open your bible, read where your eyes land*

7

*Rejoice and thank God as you move your body*

8

*Write down 3 things you are thankful for every day*

9

*Place your worries in God's hands before you go to sleep*

10

*Use a bible or devotional as bathroom reading material*

*Pray. Eat. Move. Transforming YOU!*

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