

PRAYER FITNESS PROGRAMME

5 questions to help you in prayer.

- Do you start your prayer with wondering about the glory of creation?
- Is prayer hard work and would you consider doing it with other people?



- Do you need to get fitter in prayer? How are you planning to do it?
- Do you feel like a nagging widow who never gets answers? If so, what are you going to do about this?



- Do you wrestle in prayer? Are you able to see both the cross, the wounding, as well as the resurrection, the new life, that comes from sharing with Jesus?

when the Son of Man comes, will he find faith on earth?