

FREE GUIDE!

**3 Easy Ways
to Start A
Connection
with God**

**SIMPLE THINGS YOU CAN
DO EVERY DAY!**

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GOODMAN

3 Easy Ways to Start A Connection with God

Here are 3 quick and easy tips to help you become aware of God's presence in your life.

1 Start your day by creating a mental picture of God as your best friend who goes where you go and is interested in what's happening in your life.

How it helps: Who doesn't want a loving, non-judgmental friend that sticks with you through thick and thin?

All deep, lasting friendships are based on a mutual connection - it takes two people engaging with each other for their friendship to grow. We want to spend time with our best friends, communicate with each other, and share life as we grow and change. This is how we get to know someone in a more intimate way, moving from an acquaintance to a tried and true friend.

The same is true of a relationship with God. Since the time of creation, God has always wanted to be in a relationship with us. But he doesn't force himself on us - that's not how healthy relationships form! We have to invite him into our day.

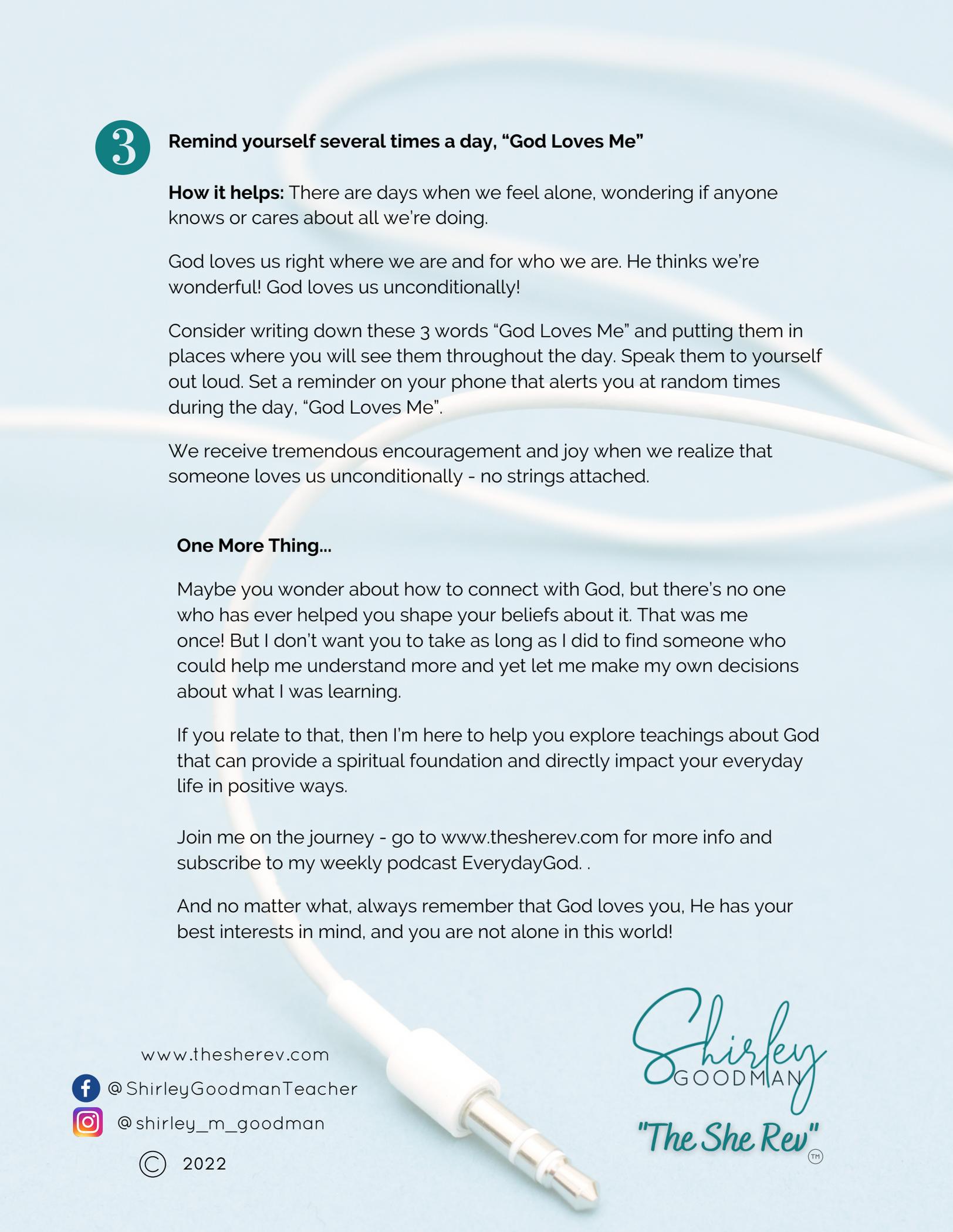
2 Don't be afraid to talk with God.

How it helps: Sometimes when we're feeling overwhelmed, we need someone who will listen to us and help us talk things out.

Notice I said talk with - not just to - God. This is what prayer is - easy, right?! Maybe you thought this requires some big fancy words, or kneeling down somewhere, or being in a church. No! Prayer is simply like a conversation with a good friend who takes an interest in what we have to say, cares about us in a non-judgmental way, and offers support and guidance if and when we let them.

We can speak with God silently or out loud - He hears both! It's also important to take time to listen for God to talk with you. If you go through your day expecting to connect with God, you'll be amazed at the ways he shows up in the ordinary places of life. Remember, talking with God is not about presenting a list of what you want him to do for you - it's a dialogue between best friends!

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Remind yourself several times a day, "God Loves Me"

How it helps: There are days when we feel alone, wondering if anyone knows or cares about all we're doing.

God loves us right where we are and for who we are. He thinks we're wonderful! God loves us unconditionally!

Consider writing down these 3 words "God Loves Me" and putting them in places where you will see them throughout the day. Speak them to yourself out loud. Set a reminder on your phone that alerts you at random times during the day, "God Loves Me".

We receive tremendous encouragement and joy when we realize that someone loves us unconditionally - no strings attached.

One More Thing...

Maybe you wonder about how to connect with God, but there's no one who has ever helped you shape your beliefs about it. That was me once! But I don't want you to take as long as I did to find someone who could help me understand more and yet let me make my own decisions about what I was learning.

If you relate to that, then I'm here to help you explore teachings about God that can provide a spiritual foundation and directly impact your everyday life in positive ways.

Join me on the journey - go to www.thesherev.com for more info and subscribe to my weekly podcast EverydayGod. .

And no matter what, always remember that God loves you, He has your best interests in mind, and you are not alone in this world!

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