



Inspirational Emails

Start with a Prayer

Fresh Start , Issue 11

What if we prayed for ourselves and others on a regular basis? *How many of us really do this? How would our lives change if we made it a point to pray every day? Many of us are missing out on an essential, healing part of life: Prayer.*

Need a fresh start in the morning? Try prayer! Start out your day on the right foot, by praying for yourself or someone else. You'll be able to begin your day with your priorities in order.



Maybe you need to re-group in the middle of the day. As hard as it may be to find a quiet place in the midst of a busy day, be creative: a shady spot in the parking lot, a bathroom, an empty break room, etc. ***You only need a few minutes.***

Prayer has an amazing way of recharging and refocusing your day. By just taking a few minutes of solitude, in your otherwise busy day, to pray for yourself or someone else; ***you'll find peace of mind and hope.***

Try it for a week and you'll experience a fresh start each day.

by Andrea Higham