

Contents

Foreword	<i>Rosalind Rinker</i>
1 Learning to Pray.....	11
2 Arrow Prayers.....	19
3 Step One: Make Time to Pray.....	25
4 Step Two: Find a Quiet Place.....	34
5 Step Three: Say a Prayer of Protection..	43
6 Step Four: Worship and Meditation....	46
7 Step Five: Inner-Listening.....	53
8 Step Six: Confession.....	64
9 Step Seven: The Prayer of Faith.....	73
10 Step Eight: Picture the Prayer as Answered.....	86
11 Step Nine: Time of Thanksgiving.....	100
12 Ideas and Examples for Specific Situations.....	104
Outline of the Nine Steps.....	120