

# Learning to Pray Aloud

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If our prayers are not spoken aloud with others, those we love most may never have the joy of hearing us pray for them. Breaking through the barrier of self-consciousness is like learning to ride a bicycle -- when we're willing to go through the learning curve, it becomes easy for the rest of our lives. The blessing to us, and to others, is immeasurable. Here's some help for you:

**1. Pray about it.**

Ask for the Lord's help in focusing your mind on Him instead of what others are thinking.

**2. Be willing to risk feeling uncomfortable at first.**

Admit your nervousness and discomfort to others and ask for their prayers.

**3. Do it.**

Commit yourself to sticking with it until praying with others becomes an essential part of your prayer life.

**4. Remember that you are speaking to the Lord.**

God doesn't care what words are used if the heart is right.