

From: Our Daily Bread Ministries donotreply@messages.odb.org
Subject: A free guide for anyone who finds prayer difficult
Date: 22 July 2026 at 10:01
To: [REDACTED]



Our Daily Bread Ministries®

♥ SUPPORT



A free guide for anyone who finds prayer difficult

Prayer sounds simple enough. We talk to God. He listens.

But in practice, many of us find it harder than that. We wonder whether we are saying the right thing. We get distracted. We feel awkward. We ask for help and then feel unsure what to do next. Sometimes prayer can start to feel like something we ought to be better at.

Our free digital booklet, *What is Prayer?*, is a short and helpful guide for anyone who wants to understand prayer more clearly.

It looks at what prayer is, how Jesus taught His followers to pray, and why we can come to God without trying to impress Him. Prayer is not about finding special words or proving ourselves spiritual enough. Because of Jesus, we can come to God as our Father, with our worries, needs, thanks, questions and everyday thoughts.

This booklet is part of our Looking Deeper series, created to make Bible teaching understandable and accessible. It is a gentle, practical resource for newer Christians, but also a useful refresh for anyone who has been praying for years and needs reminding that God welcomes His children near.

Download your free copy of *What is Prayer?* today.

[Download Now](#)



**Our Daily Bread
Ministries®**



Our mission is to make the life-changing wisdom of the Bible understandable and accessible to all. Copyright © 2026

Our Daily Bread Ministries

Our Daily Bread Ministries | PO Box 1, Millhead | Carnforth, Lancashire LA5 9ES

[Unsubscribe](#)

[Privacy Policy](#)

[About Us](#)

[Contact Us](#)