

How did you



Simple Grace caught up with bestselling author Karen Kingsbury to ask her our favorite question

Early this morning, Karen Kingsbury turned on some worship music in her workout room, hopped on the treadmill and began exercising her faith and her muscles simultaneously. “I use my daily walk to focus all my attention on God—it’s our time together!” she says. “Today I prayed, ‘Good morning, Lord! Thank You for this day. Thank You for my family and protecting us through the night. Lord, put Your angels around us and guide our steps today. You are the Alpha and Omega. Wonderful Counselor. The Author of Life. I love You with all I am.’” Here, Karen shares her approach to prayer.

A heart-stirring love story

Pick up Karen’s newest novel in the beloved Baxter Family series, *Love Story* (Howard, 2017; Hardcover \$23, Kindle \$12, Nook \$12)



pray today?

KAREN'S 3 PRAYER DOs

1 USE YOUR DIRECT LINE TO GOD

"Growing up, my faith was very focused on rules and traditions, but I never opened the Bible," admits Karen. "We weren't in a relationship with God, it was more of a checklist. But after I met my husband, who read the Bible all the time, I started

to understand that through His word and prayer, God talks directly to me! It changed my life. I think people forget that He is always accessible to have a *personal* relationship with us and we don't need any go-betweens. It's an amazing thing."

2 LEAVE SPACE BETWEEN PRAYERS

"Being a good listener is important when talking to God—I wouldn't be a good friend if I didn't spend as much time listening to Him as I do talking," laughs Karen. "That's why I always try to pause and leave spaces between my prayers to

listen for His wisdom or direction. Sometimes His response is a gentle whisper or a sense of direction that comes very clearly. Sometimes it's an idea or an action that I suddenly know I must take. The more I pause, the more easily I hear His response."

3 PRAY THROUGH THE GOOD AND BAD

"For me, prayer makes the bad times better and the good times extraordinary," says Karen. "My husband and I have been married 28 years and we have 6 kids. We've had plenty of speed bumps in our life's journey—including my

husband's health crisis in the past years. But on the darkest days, prayer reminds me it's all just temporary. On the beautiful days, it helps me see how much God has given me. Knowing God is there through thick and thin is such a gift."