

How did you

Simple Grace sat down with **Weekend TODAY** coanchor and **MSNBC** correspondent **Craig Melvin** to ask him our favorite question

Every day, after kissing his wife and two children good morning, Craig Melvin begins his prayerful ritual of getting ready for a busy day. As he enters his closet, he pauses to reflect on the Scripture verse tacked on the wall next to his suits and ties. "Joshua 1:6-9 is very powerful to me," shares the 38-year-old South Carolina native. "The words 'Be strong and courageous' and 'Do not be afraid; do not be discouraged' are so meaningful. As I get dressed, I pray and think about that passage and it becomes like a shield I put on before going out into the world. It helps me face whatever stressful, painful or difficult things may come my way and keeps my relationship with God evolving." Here, Craig shares more of his prayer practices.

pray today?

CRAIG'S 3 PRAYER DOs

1 MAKE GOD YOUR DEFAULT

"There's nothing wrong with carving out time to pray, but I try not to pressure myself to formalize prayer," Craig says. "I like to make prayer a more casual conversation with the Lord and stop at points throughout the day, like when I'm

commuting to work, working out or just sitting at my desk to talk to Him. Turning to Him as much as I can makes Him my default, shows me that I can always rely on Him and creates the building blocks of a closer personal relationship."

2 ASK FOR PEACE AND UNDERSTANDING

"I start every conversation with God by thanking Him for the blessings in my life," smiles Craig. "Then I'll talk to Him about whatever is weighing on me the most. Recently my older brother was diagnosed with stage IV colon cancer, so I've

asked God for strength and clarity to cope and to be a source of love and strength for my family. I try not to see the Lord as a 'magic genie' who can fix our problems but as a Father who can give us understanding and peace."

3 DON'T SWEAT THE SMALL STUFF

"Prayer and gratitude help me ignore the minutia and focus on what really matters," Craig shares. "A few years ago, my younger brother lost his 3-year-old daughter to cancer, and that was a wake-up call. By relying on my faith in God

and His plan, we worked through the pain and I saw that life is precious and delicate and can dramatically change in the blink of an eye. It helped me appreciate God's beauty in day-to-day life and let go of all the things that aren't really important."