

Hey Jesus, Can We Talk?



A 30-Day Practice Guide to Talk to
Jesus Like He's Your Best Friend.



Rare Connections

Introduction: This Isn't Religion. It's Relationship.

If you picked up this guide, you're probably craving something real with Jesus. Not a polished church mask. Not forced language. Not religious pressure to "feel" something just to prove He's listening.

This guide was built for the ones who want friendship with Jesus that actually feels like friendship—safe, honest, personal, and real. This isn't about achieving super-spirituality. It's about building a relationship with the One who already wants to talk to you while you're brushing your teeth or crying in the car.

You don't have to be perfect. You don't even have to feel ready. You just have to start. And keep showing up with whatever version of you is here that day.

Let's normalize talking to Jesus like He's sitting next to you—because He is.

HOW THIS WORKS

Each day includes:

- 🎯 Focus: 1-sentence theme
- 🧠 Today's Practice: Simple 5-10 minute exercise
- 🗣️ What to Say: Starter phrases so you don't freeze
- 💭 Optional Reflection: Journal questions

Every 7th day is a check-in to be completely honest with Jesus.
(No faking allowed.)

🗓️ Every 7 Days: Let's Check In

Real talk: Some days you'll feel close to Jesus. Other days you might feel numb, tired, fake, or just...not into it. That's normal. Every 7th day in this guide is a "Weekly Honest Check-in"—a moment to stop performing and tell the raw truth.

Use it to:

- Be honest with yourself and Jesus about how this is going.
- Pause to process what's come up emotionally or spiritually.
- Hear what He has to say when you're not trying to "get it right."

No filters. No fluff. Just the real you, with the real Jesus.



FAQ: "Is This Allowed?"

This page is for every anxious thought you've had about "doing this wrong." Let's clear the air.

What if I feel like I'm making it up?

Good. That means you're using your imagination—and Jesus loves when you use that to connect with Him. He's not grading you. He's just glad you're talking. Think of it like learning to ride a bike. Wobbly starts are still progress.

What if I don't hear anything back?

Sometimes silence is an invitation, not a rejection. Don't assume He's mad or distant. Stay with the conversation. You're building trust, not proving performance. Even your reaching out is already connection.

What if I'm mad at Him?

Be mad. Tell Him why. He can handle it. He'd rather have an angry conversation than a fake quiet one. You don't scare Jesus off with your feelings.

What if I don't feel worthy to talk to Him?

No one earns the right to talk to Jesus. He came close because we weren't perfect. He's the one knocking. You're just answering the door. You're not bothering Him. You're beloved.


What if I'm scared to hear the truth?


Then whisper that to Him. You don't have to be brave. You just have to be real. Let Him come sit with your fear instead of avoiding Him. Honest fear is better than fake faith.

Can I really talk to Him about anything?


Yes. Silly things. Boring things. Messy things. He's not a religious supervisor—He's your forever-Friend. Talk to Him like you would someone who loves you with no agenda. Because... He does.

DAY 1 – Just Say Hi

 Get comfortable with starting a casual convo.

 Today's Practice:

Wherever you are—out loud or in your head—say, “Hi Jesus. I’m not sure what to say, but I want to learn how to talk to You like You’re right here.” Then go about your day, and every few hours, say, “Hi again.”


 What to Say:

- “Hi Jesus, I don’t know how to do this, but I’m trying.”
- “If You’re here, I’d love You to just sit with me.”
- “Do You actually want to talk to me?”

 Optional Reflection:


- What did it feel like to say “hi” to Him without a prayer script?
 - Did anything in you tighten up or relax?
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DAY 2 – Walk and Talk

 Practice speaking to Him while doing normal stuff.

 Today's Practice:

Pick one normal task (walking the dog, brushing teeth, making coffee). While doing it, pretend Jesus is next to you and talk to Him. Tell Him what you're thinking, even if it's “This feels weird.”


 What to Say:

- “Okay Jesus, I’m folding laundry—what would You say about this mess?”
- “This is awkward, but it feels nice imagining You here.”
- “I hate this task. Do You care about stuff like this?”

 Optional Reflection:


- Did you feel silly? Safe? Frustrated?
- Did anything shift in your emotions while you imagined Him beside you?

DAY 3 – Talk About Something “Dumb” on Purpose

 Break the idea that only “deep” or “holy” topics matter.

 Today's Practice:

Tell Jesus about something completely unspiritual. Your favorite food. A TV show. Something petty or ridiculous you thought about. Let Him into your “silly.”


 What to Say:

- “Jesus, I was about to complain about my coworker. Wanna hear?”
- “Okay, I’m obsessed with tacos. You made tastebuds, so thanks.”
- “I feel dumb saying this but here it is...”

 Optional Reflection:


- Why did it feel weird or freeing to talk about something “dumb” with Jesus?

DAY 4 – Ask a “Dumb” Question

 Practice letting Jesus into your curiosity without judgment.

 Today's Practice:

Ask Jesus one question today you’ve always thought was too small, strange, or unimportant. Then imagine what He might say—not what religion says. Just listen without pressure.


 What to Say:

- “Do You laugh at farts, or are You too holy for that?”
- “Did You really like being around people, or were You just being obedient?”
- “Why did You give me this nose?”

 Optional Reflection:


- What question did you ask, and what answer came to you (if any)?
- Did you censor yourself or feel surprised?

DAY 5 – Talk About Your Body

 Invite Jesus into how you feel physically today.

 Today's Practice:

Tell Jesus how your body feels. Tired? Bloating? Sore? Energized? Ask Him if He has anything to say about how your body is doing.

 What to Say:

- "Jesus, my stomach hurts and I feel heavy. Just being real."
- "Can You sit with me in this tiredness?"
- "I don't like how I look today. Do You see me differently?"

 Optional Reflection:


- What's one thing Jesus might say to your body today?
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DAY 6 – Name the Awkward

 Say out loud what feels weird about talking to Jesus.

 Today's Practice:

Sit for 3–5 minutes and let yourself blurt out everything that feels awkward or fake or unsure. Even if it's: "This is dumb." Let it out to Him.


 What to Say:


- "Jesus, I feel like I'm talking to air."
- "This would be easier if You just texted me."
- "Do You really care about this moment?"

 Optional Reflection:


- What do you wish you could hear Jesus say back?
- Did being honest make you feel closer or further away?

DAY 7 – Weekly Honest Check-in

 Time to pause and tell the full truth.

 Today's Practice:

Be blunt. Say out loud the truth about how you're feeling this week—spiritually, emotionally, physically. Don't pretty it up. Ask Jesus what He thinks.

 What to Say:

- "Jesus, I feel fake trying to do this daily."
- "Honestly, I've been numb and going through the motions."
- "Where have You been this week?"

 Optional Reflection:


- What truth did you avoid this week?
 - What did Jesus whisper when you got real?
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DAY 8 – Invite Him Into One Memory

 Let Jesus into a moment from your past.

 Today's Practice:

Think of a random memory—good, sad, funny, or hard. Close your eyes and picture Jesus with you in it. Let Him respond.

 What to Say:


- "Jesus, where were You when this happened?"
- "How did You feel about me in that moment?"
- "Can You help me see this differently?"

 Optional Reflection:


- Did your memory change when you imagined Him there?
- What part of the past still hurts?

DAY 9 – Complain Freely

 Be 100% unfiltered in your frustration.

 Today's Practice:

Pick one thing that's annoying, hard, or unfair. Tell Jesus without softening your tone. Say what you actually think.


 What to Say:

- "Jesus, this sucks and I'm tired of pretending it doesn't."
- "Why does this keep happening?"
- "You could've stopped it—so what gives?"

 Optional Reflection:


- Did venting help or make things harder?
 - Do you think Jesus stayed or left while you were mad?
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DAY 10 – Tell Him What You Want

 Admit a desire—even if it feels selfish or shallow.

 Today's Practice:

What do you secretly wish Jesus would give you or fix? Say it. Don't qualify it. Just be honest about what your heart wants.


 What to Say:

- "Jesus, I want to feel chosen."
- "I want You to fix my finances."
- "I want love. Real love. Not fake stuff."

 Optional Reflection:


- Was it hard to ask for what you want? Why?
- What do you think Jesus thinks of your request?

DAY 11 – Confess Something Small

 Get used to sharing the not-so-pretty stuff.

 Today's Practice:

Tell Jesus one small thing you're not proud of. It doesn't have to be dramatic. Just something you normally keep to yourself.


 What to Say:

- "Jesus, I was petty earlier and didn't care."
- "I lied about something stupid. I just didn't want to deal."
- "I pretended to be fine and I wasn't."

 Optional Reflection:


- Did it feel scary or relieving to tell Him?
 - What would it look like to let Him respond instead of hiding?
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Day 12 – Talk About What You're Avoiding


 Let Jesus into the thing you keep dodging

 Today's Practice:

Think of one thing you've been avoiding—an email, a decision, a feeling, a convo. Just bring it up to Jesus. You don't have to solve it today. Just say, "I've been avoiding this, and I want You to know about it."

 What to Say:

- "Hi Jesus, I've been avoiding ____."
- "Can You help me not be scared of this?"
- "What would You say about the thing I keep pushing away?"

 Optional Reflection:


- What emotion comes up when you think about the thing you're avoiding?
- Did it feel relieving or scary to tell Him about it?

Day 13 – Complain Without Apologizing

 Practice telling Jesus what bothers you without trying to clean it up

 Today's Practice:

Pick one thing that's frustrating you today. Just vent. Don't make it spiritual. Don't say "but I know You're good." Just complain like He's your best friend sitting on the couch.


 What to Say:

- "I hate this part of my life, and I'm tired."
- "Why does this keep happening?"
- "I don't get it, and I don't like it."

 Optional Reflection:


- Did you feel like you needed to "balance" your complaint?
 - What might it mean that He can handle your frustration?
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Day 14 – Weekly Honest Check-In #2

 Time to pause. What's real about this process

 Today's Practice:

Ask yourself: "What's working? What's not? What am I pretending not to feel?" Then tell Jesus the actual truth, even if it's "This feels fake."

 What to Say:

- "Jesus, this has been harder than I expected."
- "I still don't feel You. What's the point?"
- "This is helping, but I don't want to get my hopes up."

 Optional Reflection:

- What question did you ask, and what answer came to you (if any)?
- Did you censor yourself or feel surprised?


Day 15 – Invite Him Into a Small Joy

 Notice and share something tiny that brings you joy

 Today's Practice:

Pick one small moment today that made you smile—a song, a snack, a breeze, a meme—and tell Jesus about it like you would text a friend.

“Hey look! This thing made me smile.”


 What to Say:

- “I just heard a song I love. Felt sweet. Wanted to tell You.”
- “Sunlight on my skin felt nice. Thanks for that.”
- “This joke made me laugh. Wanna laugh with me?”

 Optional Reflection:


- What's one way Jesus might want to enjoy small things with you?
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Day 16 – Tell Jesus a Funny Memory

 Practice laughing with Jesus over something that made you smile once.

 Today's Practice:

Think of one funny or lighthearted memory—something from childhood, a silly moment with a friend, even a meme. Tell Jesus the whole story. Invite Him to remember it with you.


 What to Say:

- “Jesus, remember the time I tripped but played it off like I meant to dance?”
- “This made me laugh—were You laughing too?”
- “Do You actually have a favorite joke?”

 Optional Reflection:


- What emotions came up sharing joy with Him?
- Did it feel weird to laugh “in front of God”?

Day 17 – Make Jesus a Playlist

 Connect with Him through the songs that speak your heart.

 Today's Practice:

Create a playlist called "Songs I'd Share with Jesus." Include any songs that move you—worship or not. Listen to one and imagine Him listening with you. What would He say about it?


 What to Say:

- "Jesus, this song makes me cry. Wanna hear why?"
- "If You were in the car with me right now, I'd blast this for You."
- "Did You hear me singing along just now?"

 Optional Reflection:


- What song surprised you as "sacred" today?
 - Do you think He listens even when it's not a "Jesus" song?
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Day 18 – Bring Up That One Thing

 Face the "don't bring this up" topic...with Jesus.

 Today's Practice:

There's usually that one thing we avoid bringing up with Him. Today, bring it up. Gently. You don't have to fix it—just let Him hear your raw words about it.


 What to Say:

- "Okay... so here's the thing I never bring up."
- "I hate this memory. But I want You to see it."
- "I don't think I trust You with this yet—but I want to try."

 Optional Reflection:


- How did it feel saying it out loud?
- Did anything feel less heavy after?

Day 19 – Ask Jesus What He Remembers About You

 Let Him speak identity over you—without striving to hear perfectly.

 Today's Practice:

Sit quietly for 2–3 minutes. Say, “Jesus, what do You remember about me that I’ve forgotten?” Don’t force a voice. Just be open to a phrase, a picture, a nudge. Write it down.


 What to Say:

- “What do You see in me that I’ve lost sight of?”
- “Can You remind me who I am to You?”
- “What do You remember about the day I was born?”

 Optional Reflection:


- Did anything unexpected come up?
 - What if that “random” thought was from Him?
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Day 20 – Honest Check-In #3

 Time to pause and get real again.

 Today's Practice:

Set a timer for 5 minutes. Brain dump everything you feel about this practice. Mad? Bored? Changed? Grateful? Tell Jesus the truth. No edits. No “faith language.” Just gut honesty.

 What to Say:

- “I don’t know if this is doing anything, but here’s where I’m at...”
- “This has been hard, but I think I’m starting to feel You.”
- “Jesus, I’m not sure what’s next—but I’m still showing up.”

 Optional Reflection:


- Have your conversations with Him gotten more natural?
- Where do you still hold back?

Day 21 – Grieve Something With Jesus

 Bring a loss or heartbreak into the light—with Him.

 Today's Practice:

Think of something you never fully grieved—big or small. It could be a person, a missed opportunity, a friendship that faded. Invite Jesus into that ache.

 What to Say:

- “I never let myself cry about this. Will You hold it with me?”
- “This still hurts... I thought it was too small to matter to You.”
- “Jesus, where were You when that happened?”

 Optional Reflection:


- What does it feel like to let Him see your tears?
 - Did anything shift in your chest, even a little?
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Day 22 – Dream With Jesus

 Invite Him into your desires—and hear His, too.

 Today's Practice:

Write down one dream you've had for your life. Doesn't matter if it's dusty or fresh. Tell Jesus about it. Then ask Him: “What do You dream for me?” Wait. Listen.


 What to Say:

- “Here's what I've always wanted but stopped hoping for...”
- “Jesus, what were You thinking when You made me this way?”
- “If You could plan my next 5 years, what would You include?”

 Optional Reflection:


- Did you feel hope stir again?
- What came to mind when you asked what He dreams for you?

Day 23 – Invite Jesus Into Something Mundane

 Bring Him into your day—not just your devotions.

 Today's Practice:

Choose one regular activity: laundry, driving, grocery shopping, brushing your teeth. While doing it, invite Jesus to just be there. Talk to Him about it like a friend standing next to you.

 What to Say:

- “Okay, You’re folding socks with me now. Got any thoughts?”
- “This drive is boring. Wanna ride with me?”
- “I know this is small, but I want You in it.”

 Optional Reflection:


- What would shift if you let Him actually live life with you?
 - Did the moment feel a little more sacred?
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Day 24 – Imagine Jesus Cooking With You (or Doing Something Normal)

 Break the divide between "holy" and "ordinary."

 Today's Practice:

Pick an activity you enjoy (or need to do anyway): cooking, journaling, gardening, cleaning. Imagine Jesus doing it with you. Picture His sleeves rolled up, laughing, asking questions.

 What to Say:


- “What would You cook if You came to my kitchen?”
- “Do You like the way I set up this space?”
- “What if You actually enjoy doing life with me?”

 Optional Reflection:


- Did the activity feel different today?
- What’s one chore you want to reframe as sacred?

Day 25 – Honest Check-In #4

 Let's pause and just be real again.

 Today's Practice:

How have the last few days felt? Has grief or joy or boredom come up? Write Him a raw check-in. Nothing fancy. Just where your heart is today.


 What to Say:

- "Jesus, I feel numb today. Can I just sit here with You?"
- "I've felt You in the silence lately. That's new."
- "Thanks for not making me pretend I'm okay."

 Optional Reflection:


- How does your relationship with Him feel now vs. Day 1?
 - Are you more yourself with Him than you were?
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Day 26 – Say the Thing You're Ashamed Of

 Let Jesus into the part of you you've hidden the most.

Today's Practice:

Think of one thing you've never said to anyone. Or something you've said, but still carry shame over. Just tell Him. Even if it's whispered. You don't have to explain it all. Just name it. And let Him stay.


 What to Say:

- "Jesus, I'm afraid You'll look at me differently if I say this."
- "I still feel gross about it, but here it is..."
- "Please don't walk away after I tell You."

 Optional Reflection:


- What did it feel like to say it?
- What do you imagine Jesus doing after hearing it?

Day 27 – Invite Him Into a Room You Avoid

 Let Him into a literal or emotional space you usually hide.

Today's Practice:

Pick one room in your house—or one area of your life—you don't like others seeing. Go there, physically or in your mind, and invite Jesus in. You don't have to clean it first.


 What to Say:

- "I've never invited You into this part of my story."
- "Can You be with me here, even though it's messy?"
- "What do You see that I don't?"

 Optional Reflection:


- What room (or memory) did you show Him?
 - Did you sense His presence differently in that space?
-

Day 28 – Talk to Him While You're Crying

 Let your tears be the conversation.

Today's Practice:

If you cry today (for any reason), don't stop to compose yourself before talking to Jesus. Talk while crying. Let the sobs be part of the conversation. If you don't cry, remember the last time you did and revisit that moment with Him.

 What to Say:

- "I don't have words right now. Just stay here."
- "Do You see these tears? Do You understand them?"
- "I'm not okay, but I want You to know."

 Optional Reflection:


- Did it feel different to cry with Him, not for Him?
- What comfort did you feel (or wish you felt)?

Day 29 – Talk to Him About Someone You Love

 Share the people in your heart with Jesus, just like a friend would.

Today's Practice:

Pick one person you care about deeply—family, friend, even someone you miss. Talk to Jesus about them. What do you hope for them? What are you scared about? What do you wish He'd do?

 What to Say:

- "Jesus, can I tell You about ____ today?"
- "They're hurting, and I don't know how to help."
- "If You showed up in their life, what would that look like?"

 Optional Reflection:

- How did it feel to "introduce" someone to Jesus like a friend?
 - Did you feel heard?
-

Day 30 – Just Sit Together

 End with silence and presence, not performance.

Today's Practice:

No need to talk today unless you want to. Just sit somewhere quiet and imagine Jesus next to you. Breathe. That's it. Let silence be the friendship. Let being together be enough.

 What to Say (if anything):

- "Thanks for sitting with me."
- "I don't have words, but You're still welcome."
- "I love You, even when I'm quiet."

 Optional Reflection:

- How did it feel to say nothing but still be with Him?
- What would it mean to live like He's always sitting beside you?

🌟 YOU MADE IT TO THE END... BUT THIS IS JUST THE BEGINNING

If you're reading this, you've already said yes to something sacred. You've committed to showing up. You've made space for Jesus to meet you, speak to you, and gently begin rewriting your story. That matters more than you know.

But healing is a journey, not a checkbox.

So if something inside you is stirring—

If your heart is crying out for deeper freedom,

If you've recognized patterns of bondage, spiritual warfare, or old wounds that won't let go—

You're not crazy. And you're not alone.

You may be ready for deliverance.

And I'd be honored to walk with you through it.

🔥 Ready to go deeper?

If you're looking for:

- One-on-one prophetic deliverance coaching
- Dream interpretation and spiritual insight
- Healing from soul ties, spirit spouses, witchcraft, or generational bondage
- Discerning your divine identity and walking in authority
- Clarity in your faith journey or connection with Jesus...

I offer personalized support designed to help you heal, hear, and walk in freedom.

Because Jesus didn't just come to save you—He came to set you free.

📱 You can learn more about my coaching services, healings, deliverance sessions, and resources by visiting: www.rareconnections.online

Or reach out directly through my social platforms. (IG: @rareconnections.online) I'd love to connect with you, hear your story, and walk with you through your next steps.

💌 One Last Thing

Even if we never talk again, know this:

Jesus is still pursuing you.

Your voice matters. Your healing matters. And the Kingdom needs the real, whole you.

Stay bold. Stay surrendered. Stay in His presence.

Love always,

Amber Smith

Deliverance Prophetic Coach & Daughter of the King 👑