

Interview questions for *ABCs of Praise and Prayer* by Barbara Kois – the book has an Amazon average rank of 4.7 with 45 customer reviews (who don't even know Barbara, in case you think they're all from friends and relatives!)

1. Why did you write this little book, *ABCs of Praise and Prayer*?

During my commute to work, I go through the alphabet and praise God through all the words I can think of about him that start with each letter. Verses that include some of the words come to mind, so I pray those to him.

When I get to Z and my 15 minutes is about up, I begin to pray for the things, people, and situations I care about and then I finish that and ask him, "Speak to me, Lord, and help me to listen and obey." I try to remain silent and listen.

The A to Z exercise allows me to praise God before I get started on all my requests and needs. It somehow helps me focus on God's greatness and his amazing love, mercy, and generosity to me. And usually that focus stays with me, at least to some extent, during the day.

I decided to put this little exercise into book form and see if it might help others praise and worship God.

2. People today seem so rushed that it seems hard to squeeze in even the important things like Bible reading and prayer. How does a little book like this help a busy person?

I've been so amazed by readers who have loved the book because it helped them praise and worship God even if they're pressed for time. Again and again, reviewers have said that it's great for people who are short on time – and who isn't today?

The goal was to encourage people to spend even 15 minutes in praise and prayer. That sounds like a stingy amount of time to devote to the Creator of the universe. But I've found that 15 minutes can lead to a prayerful attitude for the rest of the day when I start out this way. And readers have expressed similar thoughts after they've experienced it.

The book and the 15-minute time commitment are not meant to trivialize our time with God or say that we can cram in a relationship with him in just a few minutes a day. Rather, it is meant to get us into a thankful frame of mind so we can look for God's involvement in all we do, in everyone we meet, and in every circumstance we encounter.

3. The book is for adults, right?

Right . . . and wrong. The simplicity of the book has led several readers to say it's perfect for family devotions or for Sunday school classes. Others have said it's a good way to help children learn the alphabet as they learn about God.

I'm delighted by that. As the mother of three adult children, I remember wanting to spend time with them when they were young helping them get to know God. We had many great children's books that helped do that. If this can be another book that helps parents and teachers, I'm thrilled.

We also have a children's coloring book to accompany the devotional book, so I hope that will also be something fun for children to do as they learn about God.

4. Do you have any tips or suggestions for how to use the book, either for adults or children?

Sometimes going through the alphabet slowly and thinking of all the words you can think of about God and His goodness is a great way to spend time with Him.

When I go on walks with my son, we go through the alphabet, saying aloud words we think of or verses that come to mind for each letter. Sometimes it can be very funny, as when he thought of praising God on the xylophone for the letter x, a tough one to think of words for. We also thought of using "Xtra large elephant" for the coloring book letter x but my daughter found an X-ray fish that worked even better.

I'd suggest that people add their own words to those in the book and write them down in the book to make it more personal for them and their families.

5. What are your hopes for the ABCs of Praise and Prayer books?

I hope the books help you to focus on God's goodness as you pray and listen for what He has to say to you. If it accomplishes this, I will be thankful to Him, who makes all good things possible.

I've often thought how like God it is to take a small thing like this book and use it for something good. With the number of readers we've had so far, I'm just amazed by His goodness in using something simple to help people know and love Him more.

6. Do you have any other projects in mind for developing the ABCs concept?

As I mentioned, we just launched the coloring book and I'm excited about that.

We have a Spanish version of the first book coming out soon and after that I plan to do one called *The ABCs of Praise, Prayer and Practical Tips for Moms*. That should be fun to do as well.

Beyond that, we'll see what happens. I have ideas for some others in the future because I think people need simple, basic help for both spiritual and practical matters in their lives.

7. How can people contact you?

My website is barbarakois.com and you can contact me through there or at Barbara.Kois@gmail.com