

1 THESSALONIANS 5:17
"PRAY CONSTANTLY." - CSB
"NEVER STOP PRAYING." - NLT
"PRAY WITHOUT CEASING." - KJV

TIPS FOR PRAYING DAILY



BE SPECIFIC WITH PRAYER REQUESTS.

When you pray specifically, it is more clear when God has answered your prayer requests. Vague prayers result in vague answers. It should be less "God, help all of the people with all of the things" and more "God, provide the money to pay this bill by Friday."

PRAY IN THE CAR.

Praying while driving (or riding public transit) takes away the excuse of "I don't have time to pray." It also helps us to have the right mindset and patience with the other travelers around us...

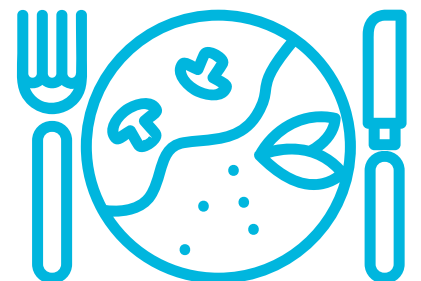


PRAY "OUT LOUD" WHEN YOU'RE ALONE.

When you pray out loud, you are truly acknowledging that God is real and with you. It reminds you that you are not just "thinking thoughts in your head," but that you are communicating with a real person.

PRAY DURING THE REGULAR RHYTHMS OF THE DAY.

When you wake up, when you're in the shower, when you're at breakfast, lunch, dinner, and when you go to bed are all part of the regular rhythms of your day. They are all great markers and reminders for prayer.

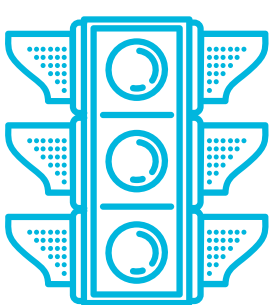


USE THE "A.C.T.S.S." METHOD OF PRAYING.

This method is about spending an amount of time praying in 5 areas: Adoration, Confession, Thanksgiving, Seeking for Others, & Seeking for Self. It could be any amount of time - 30 seconds or 10 minutes in each category. It's best to take them in that order, also...

PRAY A PSALM.

Most of the Psalms in the Bible are "Prayer Like" Songs directed to God. Sometimes it's great to read a Psalm to the Lord, allowing it to be your prayer to God as you read it. Some Psalms are definitely better for this, like Psalm 23, Psalm 51, and Psalm 145.



UNDERSTAND THE "YES," "NO" AND "WAIT."

When we make requests to God in prayer, He usually responds with a "yes," a "no," or a "wait." This is all about trust, and flows out of our growing relationship with God. Determine to trust His best with your requests.

DECIDE & DEVOTE YOURSELF TO SPENDING FOCUSED TIME IN PRAYER.

Simply deciding to make daily prayer a priority in your life and devoting yourself to becoming a person of prayer is one of the most important steps to it actually becoming a reality in your life.

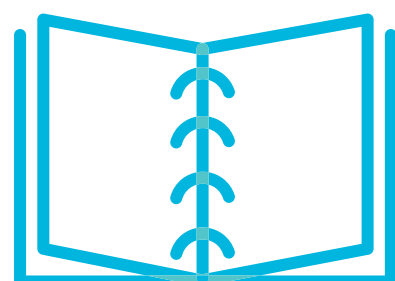


GO ON A "PRAYER WALK."

Rather than simply kneeling by your bed, go for a walk, instead, with a goal of praying while you walk. Connect with God as you walk, and pray for the people you see and the homes you pass by. Set a time and a goal for your prayer walk.

KEEP A "PRAYER JOURNAL."

Writing down your prayer requests along with the date can be an amazing way to see how God is working in your life over time. Keeping a record of the things that you are praying about, and how God has responded to them, is a great faith builder when you go back and review your journal from time to time.



DON'T WORRY ABOUT SAYING THE RIGHT WORDS.

Don't fret about the "Thee's" and "Thou's" when you pray. Simply be real and honest as you talk with God, knowing that He loves you and knows you better than anyone else in the world. Connecting with God is the goal, not how eloquently you pray the words.

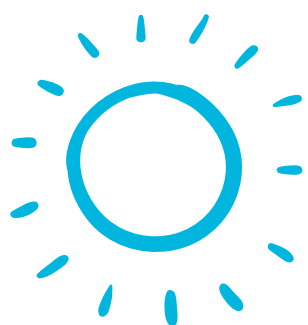
EXTRA POINTS: LEARN TO LEAD PRAYER IN A GROUP.

If you have never led a prayer in a group, it can be a very intimidating thing. But if you are regularly praying in private, your courage for praying in public will grow. It is a great way to build your own confidence in your relationship with God and encourage others along the way.



Colossians 4:2

*"Devote yourselves to prayer; stay alert in it with thanksgiving."
(CSB)*



Remember:

"PRAYER IS MORE ABOUT RELATIONSHIP THAN RITUAL. IT IS ABOUT ENGAGING YOUR LIFE WITH THE GOD OF THE UNIVERSE, AND ADJUSTING YOUR LIFE TO HIS WILL, HIS PLANS AND HIS PURPOSES."

- PASTOR JOHNNY

