

21 Suggestions for Improving Your Prayer Life

Make prayer a priority and realize the power it holds. For the most part, we are busy people, and we need to always keep in mind the power of prayer. Prayer must be a part of our daily lives.

by Sue Crabtree

#1. Set aside a particular time and place for prayer.

Some like to pray first thing in the morning; others pray at night. Maybe you like to pray when you are driving or taking a walk. Let it be part of your daily routine.

#2. Write a prayer or keep a prayer journal.

Some who enjoy writing find it easier to pour out their souls when they are writing their thoughts, praise and requests on paper. You might choose to write in a journal every day, once a week or once a month.

#3. Pray at odd times and places.

You don't have to close your eyes. You can be washing dishes, clothes or windows. Talk to God during the entire day.

#4. Make prayer meaningful to you.

Talk to God as you would to a friend. You don't have to use flowery language. Talk to God in terms that are meaningful to you. Sometimes when children pray they say, "Help the sick and afflicted." They probably don't know what "afflicted" is, but they know about Johnny's sore arm. Make the prayers personal.

#5. Pray for a different group every day.

Maybe on Mondays you can pray for your family, on Tuesdays for the church, on Wednesdays the government, etc.

#6. Pray at least 10 consecutive minutes a day.

Someone has said that if you spend at least 10 minutes a day in prayer you can pray for all the things you can think of.

#7. Have a prayer service in your home.

Invite members of your congregation over to pray for someone who is having a baby, struggling with a specific problem, going to college, etc.

#8. Find a prayer partner.

Pray using email or on the phone. Ask your partner to pray with you and for you and what is going on in your life. Encourage one another with prayer.

#9. Study David's psalms about prayer and adoration for God.

#10. Mouth the words when someone is leading a public prayer.

It is easy for our minds to wander when we are in an assembly and someone is leading prayer. It helps if you mouth the words of the person leading the prayer.

#11. Stop and pray in the moment.

When you are thinking about someone or something, stop and pray at that moment. Don't wait until later when you might forget it.

#12. In the mornings, pray for yourself.

During the day, pray for others.

#13. Keep a prayer list.

Keep a list near your Bible or study materials with the names of people who need prayers.

#14. Become involved in a prayer chain.

Have several people lined up so each person can call another to ask for prayers for something that is needed.

#15. Realize and acknowledge answered prayers.

#16. Don't forget to thank God for prayers answered.

#17. Pray for help with your prayer life.

#18. Ask God to teach you how to pray more effectively (as the apostles did).

#19. Study scriptures that record prayers in the Bible.

Use a concordance to look up specific prayers in the Bible.

#20. Plan a weekend of prayer.

Maybe you have a wedding, a mission trip or some other important event coming up. Invite friends to your house to pray for the event.

#21. Remember this acronym: ASAP - Always say a prayer. □

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