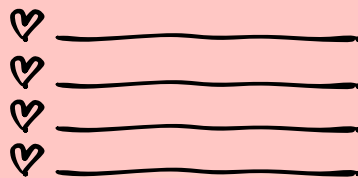


HOW TO PRAY

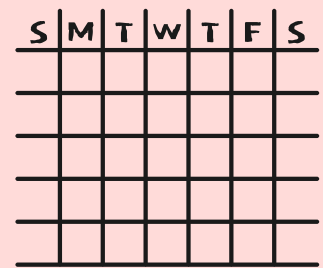
AND BUILD A LIFE OF PRAYER



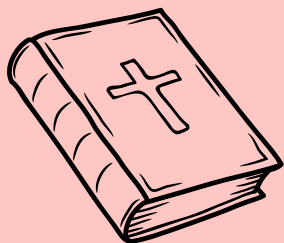
Set a Time
and Place



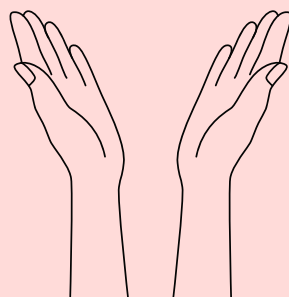
Have a Method to
Your Prayers



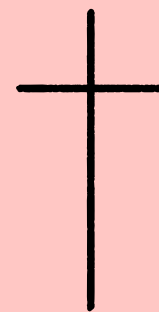
Commit to a Short
Period of Time



Understand the Heart &
Purpose of Prayer



Pray What You Got



Never Stop Learning

“Rejoice in hope, be patient in tribulation, be constant in prayer.”
Romans 12:12



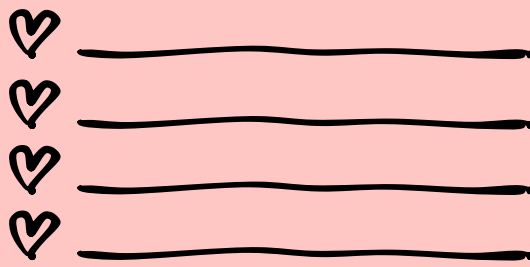
Set a Time and Place

There is something very special about having a place that you can call your own - a place where you and God can connect.

Having a time and a place helps build consistency and discipline into a practice that blesses us, regardless of how we are feeling.

Whether you are a morning person, an evening person, or you have a block of time during the day, set aside intentional time to put away all distractions and just talk to God for a while.

Example: 7 AM on my back porch is my time with Jesus



Have a Method to
Your Prayers

To build an authentic prayer life, you have to be intentional with your time . It can help to have a plan in place to guide your time, or even just to get the ball rolling. Here are some examples to help you get started:

P.R.A.Y METHOD - Pause/Rejoice/Acknowledge/Yield. Journal out your intentions in each of these categories, and pray to God while you do it

TOPIC PER DAY - Mondays pray for family, Tuesdays pray for Friends, Wednesday pray for church, Thursdays Pray for our country, etc

PRAY A PSALM - Praying the Bible is an incredible way to talk to God. The Psalms have everything from joy to grief and everything in between. Praying a Psalm is a great guide if you do not know where to begin

S	M	T	W	T	F	S

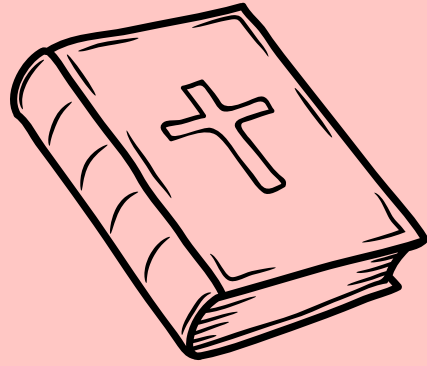
Commit to a Short Period of Time

Committing for the long term does not happen without an initial commitment to the short term. Sometimes building a discipline for a smaller amount of time can create a habit that can last much longer.

To start, try to commit to 10-15 minutes of intentional prayer a day for 5 straight days. Once you have done that, try to do it for 10 days. Continue until it is a regular rhythm of your life.

MAKE SURE TO KNOW THAT IF YOU MISS A DAY, YOU ARE NOT A FAILURE.

This is just to help build a habit. If you break the streak, jump back in the next day! Always remember that God delights in faithfulness, not perfection.



Understand the Heart & Purpose of Prayer

God created this amazing avenue to talk and listen to Him, and He has quite a bit to say about prayer in His Word. Here are some places you can go to in the Bible to understand the heart of God when it comes to prayer:

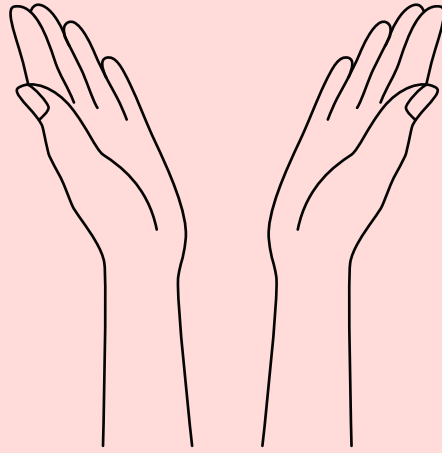
How to Pray - Matthew 6:5-13

How Often To Pray - 1 Thessalonians 5:16-18

How to Pray When Anxious - Phillipians 4:6-7

The Holy Spirit Helps Us Pray - Romans 8:26

God heals through Prayer & Confession - James 5:16



Pray What You Got

EVERYBODY IS CAPABLE OF BEAUTIFUL, FAITHFUL PRAYER

God wants you to come as you are! It is not about using fancy words, it is about being genuine with a Heavenly Father who loves and cares DEEPLY for you.

Don't ever feel inadequate in prayer. God just wants the real, full you, right now where you are at.

Cry out to God when you are happy, when you are frustrated, when you are grieving, when you doubt, when you are confused, when you are joyous, when you are discouraged.....and everything in between.



The beautiful thing about prayer is that like any relationship, it continues to evolve and grow as you learn more about God.

There will never be a point in our lives where we can afford to stop praying. Until we see Jesus again, He has given us incredible access into His presence, and an opportunity to listen to Him, and to be with Him.

Never stop learning more about prayer. The more you dive in, the more you get God. It is one of the most worthy endeavors you will ever take on!

NOW GET TO PRAYING! WE LOVE YOU, AND ARE HERE WITH YOU ON YOUR JOURNEY TO START AND GROW A PRAYER LIFE!