

How to Develop Your Prayer Life

1. Make an appointment with God—set aside a specific time and place to meet with God daily. It should be a time and place where you can be alone and be free from distractions. Jesus often withdrew to lonely places for this reason (Luke 5:16). If your schedule varies, your appointment with God may vary.
2. Prayer is a two-way conversation, not a one-way monologue. Don't spend all your time talking. Wait on God in silence and listen to the whispers the Holy Spirit says to you—conviction of sin and righteousness, words of comfort and encouragement, direction for decisions, promptings to obey.
3. Prayer is a privilege, not a duty. I have an audience with the Maker and Master of the universe! He wants me, a relationship with me! We get to pray and have connection, communion, and conversation with God.
4. Realize God wants to be your best friend—just talk to Him like you would anyone else. Be open and honest with Him. Tell him everything—your anxieties and anger, your hopes and fears, your dreams and desires.
5. Realize God is in charge. The Lord is sovereign. Prayer is about His will, not getting what we want.
6. Maintain an attitude of communion through the day. Prayer doesn't stop after your quiet time. "Pray without ceasing" (1 Thessalonians 5:18). Be aware of the nearness of God, sense His presence with you.

The Essentials of Prayer

This is where we get into the practical part of prayer, the how to, the "what do I say?". If you want to teach someone how to pray—a new Christian, your child/grandkid, use the acrostic of the word "PRAYS". When a person P-R-A-Y-S, include these things:

P – PRAISE – loving God

Psalm 63:3 [NKJV]—"Because Your loving-kindness is better than life, My lips shall praise You."

- Sing praise and worship songs, play worship music, worship in tongues.
- Give God praise for who He is and what He has done.
- Tell Him you love Him and why.

R – REPENT – taking care of sin

Ezekiel 18:30 [NKJV]—"... Repent, and turn from all your transgressions, so that iniquity will not be your ruin."

Acts 3:19 [NKJV]—"Repent... that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord,"

- This is more than confessing your sin. It is realizing the pain it causes

God, being truly sorry for it, turning from it, and turning to God's ways.

- Allow the Spirit to search you for wrong motives, attitudes, thoughts, actions, relationships, priorities.
- Coming clean before God; desiring a holy life and a passion for godly things.

A – ASK – lifting up your needs/dreams/desires and those of others

Philippians 4:6 [NKJV]—"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;"

- Ask in accordance with His will: "Not my will but yours be done."
- Tell Him how you honestly feel, have a heart-to-heart.
- Ask not only for your needs, but for other people's needs.
- Pray for your parents, spouse/spouse-to-be, brothers & sisters, friends, leaders, our church & it's ministries, our nation.
- Pray in tongues daily.
Romans 8:26 [NASB]—"the Spirit also helps our weakness; for we do not know what to pray for as we should, but the Spirit Himself intercedes for us with groanings too deep for words;

Y – YIELD – to God

Matthew 6:10 [NKJV]—"Your kingdom come. Your will be done on earth as it is in heaven."

- Pray for God's plan for the day and for your life.
- Deny yourself, take up your cross, and follow Jesus
Luke 9:23 [NIV]—"Then he [Jesus] said to them all: "Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me."
- Ask for help to live a godly life that glorifies the Lord.
- Ask for witnessing/ministry opportunities and power - Spirit baptism.
Ephesians 5:18b [ISV]—"...keep on being filled with the Spirit."
• Ask, "What do you want me to do?"

S – SAY THANK YOU

1 Thessalonians 4:18 [NKJV]—"in everything give thanks; for this is the will of God in Christ Jesus for you."

- Thank Jesus for dying for your sin.
- Thank God for answered prayers, His faithfulness.
- Thank God for answers that are coming, that He's in control and working all things together for good—Romans 8:28