



How to Pray – Praying Tips

Use the basic principle of the Lord's prayer.

Our Father in heaven, hallowed be your Name,

(This is edifying the Lord. Showing respect)

Your kingdom come, your will be done, on earth as in Heaven

(This is asking God for his will, not our own)

Give us today our daily bread.

(this is our supply)

Forgive us our sins

As we forgive those who sin against us

(The gift of Grace and how we should pass it on)

Save us from the time of trial and deliver us from evil.

(All things work to glorify God)

For the kingdom, the power,

And the glory are yours,

Now and forever. Amen.

(God is in total control)

Why do we struggle with how to pray?

Maybe we over-spiritualize it. We think we must pray long and eloquent for it to really work. We measure ourselves with spiritual giants like Billy Graham or Mother Teresa, someone at our church and we feel unqualified. We separate prayer from the rest of our lives; we look at it as something we do at praying meetings or in our quiet time.

Colossians 4:2 *“devote yourselves to prayer, being watchful and thankful,”* How do we devote ourselves to prayer in regular life with a job and kids? Paul was talking deep down attitude, not a never-ending prayer meeting or devotional time. Devoted prayer is a heart tendency to turn to God at each point in our day.

Tip 1: Pray Simply

We might think we have to pray passionate, persuasive words for God to hear us, but in reality, He listens even to our shortest “SOS” prayers.

“the fewer words, the better the prayer,” said Martin Luther. We can talk to God in everyday language, just like we talk to a friend. We don't have to pray long, God delights in a simple word of praise like “Lord, I love you” He treasures the anguished prayer of a mother when she calls, “heal my child.” He answers the simplest request: “Lord, give me strength for today”

Tip 2: Read the Bible and Pray Over Verses

Have you ever had a one-sided conversation? Didn't go well, did it?

We do the same thing to God when we pray without reading the Bible, His eternal letters of love and wisdom to each one of us on Earth. Reading scripture helps us get to know God. It brings life to our prayers.

Let David's words in the Psalms elevate your prayers. Stop in the Gospels to pray over a striking verse, asking God to work that truth into your heart. Let the words of God drive prayer requests for yourself and the people you love.

Tip 3: Make Prayer Active and Multi-Sensory

Prayer grows dull when we turn it into purely a mental exercise. God made us creative beings, so why don't we bring that creativity into our prayer lives?

Lighting a fragrant candle can tell our brains "it's time to pray" Listen to music to help focus on God. Many people enjoy doodling, drawing, or painting while they pray.

To keep my ADHD-plagued brain focused on prayer I sometimes write it down. Making lists of requests to keep my mind alert. I stop and pray for each petition after jotting it down. A prayer journal builds faith when you look back over petitions and recall God's answer.

You don't have to be quiet to pray. Praying aloud can keep your mind engaged.

Tip 4: Make Prayer an Integral Part of Your Day

1 Thess. 5:16-17 *"Rejoice always, **pray without ceasing**, give thanks in all circumstances"* Is it really possible to pray without ceasing?

Try an experiment. Start and end your day with prayer. Lift up a short prayer to God as often as you can. Pray over your schedule Ask God to help you with your to-do list. When you hear troubling news, lift it up to God. Pray for your spouse and children as you give them a hug. Pray for the person you are talking to. Look for prayer moments that work in your life. You may want to set an alarm on your phone.

Tip 5: Pray Expectantly

Prayer becomes a lifeless exercise when we're not looking for answers. Jesus invites us to expect God to work. *"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you"* **Matthew 7:7**

How much more exciting does prayer become when we keep our eyes open and watch for God's answers. How many answers do we miss because we don't really expect God to respond?

Remember **Colossians 4:2** *"devote yourselves to prayer, being watchful and thankful."*

So how about getting started today? Don't get discouraged if you get distracted like I do. Just get back on track. Pray and watch for God's answers, so you can thank Him. He might answer differently than you expect, but His answers will always be better than what you had in mind.