

Practical Tips on Prayer

Not sure where to begin with prayer?

Here are a few tips on where to begin and maintain a healthy prayer life with the Lord:

Focus on Relationship

Prayer with Almighty God is not a ritual or religious activity — it's an ongoing, abiding relationship. In the same way we talk to, listen to, seek to know and understand those we love on earth — so prayer is loving conversation with a loving God. Pray to know the heart of God and to be known by God.

Acknowledge God's Power and Greatness

Prayer is the realization that "God is God and we are not." While Almighty God is graciously personal, He is equally All-Powerful and to be honored and revered. We pray knowing that God is Master and Ruler of all things and people. As you approach Him in prayer, acknowledge His greatness and your dependence.

Be Authentic

C. S. Lewis once said to the Lord, "May the real You meet the real me." Authentic, heart to heart conversation with God is what God desires in prayer. Seek to allow the "real you" to speak to the "real and living God."

Here are a few more suggestions for a healthy prayer life:

- Pray often ... throughout your day.
- Pray simply and directly.
- Develop a habit of prayer.
- Learn to Listen. Don't just "dump" on God, listen to Him. Be quiet.
- Pray in a way that fits you — your personality, disposition.
- Use simple models of prayer ... The Lord's Prayer, "A.C.T.S.," etc.
- Expect to do something after you prayer — prayer involves response/action.
- Learn to get beyond yourself in prayer — pray for others first.
- Expect God to respond to your prayer.
- Practice prayer. Work at it, and be patient. Be disciplined in prayer.
- Draw near to God ... and He promises to draw near to you.
- Know that prayer doesn't change God, but it does change you.

The more you pray, the better you become at prayer. Prayer is the lifeblood of the Christian life. As you converse daily with God, "May the real you, meet the real God."