

8 WAYS TO PRAY

1. **Journal your prayers:** This is not just journaling your prayer, but think of it more like you are writing a letter to God. Write out questions, heartaches and struggles. Also, make sure you write down your praises. If you are the poetic type, you can write them more as a poem. From time to time you can take a look at what you have written down and see how the Lord has answered your prayers or how He has helped you to grow.
2. **Take a prayer walk:** Hike in the forest preserve and praise God for His beautiful creation. Walk around your neighborhood and pray for the family in each home you pass. You can “prayer walk” anywhere!
3. **Pray over your calendar & schedule:** Pray for anything upcoming that might seem hard or difficult.
4. **Pray Scripture:** Let’s say that during your Bible reading time you come across 1 Peter 5:7: “God cares for you, so turn all your worries over to Him.” Turn that verse into a prayer: “Lord, I’m going to trust You and give You all my worries. I know You will take care of me.” Do this with scriptures that express needs and also with those that praise or thank God. Hey, why not personalize the Lord’s prayer? Take each sentence or phrase from this well-known prayer (Matthew 6:9-13) and write it in a way that applies directly to your life.
5. **Pray about the news:** When you read or hear about a troubling issue, pray for the people involved. Pray for politicians and other national and community leaders who make the news.
6. **Partner Up:** Find someone to pray with regularly. Plan to meet at a coffee shop once or twice a week, or get together.
7. **Be Quiet:** If prayer is a conversation, then you also need to listen in silence. Silence means getting away from distractions like music and TV. A quiet, little corner could be the best place. As you listen, don’t expect to hear a voice. But do expect God to tug at your heart, move your conscience, or help you realize something you need to do or change.
8. **Pray without ceasing:** Dozens of thoughts pass through your mind daily. You daydream. You might think bad or want to gossip. Turn those daydreams and thoughts into prayers. Ask God to help a person who is hurt by gossip. Ask Him to forgive you for thoughts that take your mind places it shouldn’t go. Turn daydreams and other passing thoughts into moment to recognize God’s presence in your life. As you learn to not cease in your praying, you’ll come a little closer to understanding what it means to “Pray continually.” (1 Thessalonians 5:17).