

Daily Prayer— Making It a Habit

one year
PRAYER EXPERIMENT

Prayer is often referred to as a spiritual discipline.

Prayer is obviously a spiritual activity. By doing it we are conversing with a spiritual being we cannot see or hear. But it is also a discipline. It is an exercise we must consciously choose to engage in. And to build an intimate relationship with God, we must choose to do it consistently.

One of the easiest things we can do to make the discipline of prayer a habit is to choose a consistent time and place to pray.

Think of different times and places that might work for you. When you come up with an idea, run through the list of questions. When you find a time and place that checks all the boxes you have found your spot! As part of creating your space for prayer, make sure to decide ahead of time what you will do with one of our biggest distractions – our smart phones!

Pick a Consistent Time to Pray:

- A time when you are consistently free and available.
- A time when other events will not spill over into your time.
- A time when you can “disengage” with your day.
- A time when your chosen place to pray is consistently available.

Pick a Consistent Place to Pray:

- A place you can be alone.
- A place that is quiet.
- A place not inherently stressful to you.
- A place consistently available at your chosen time.

With my smart phone I am going to:

- Turn it off.
- Put it in another room.
- Set it to silent mode.

Make the Commitment!

My chosen time to pray every day is

My chosen place to pray every day is

**Don't be afraid to put prayer
into your calendar.**

**Things planned are things that
happen!**