

A FEW IDEAS...

Practical ways to enhance your prayer life.

- 1. Pray pure scripture.**
 - Use the Apostle Paul's prayers scattered throughout his epistles.
 - The Psalms are full of all types of prayer.
- 2. Write out Scriptural affirmations.**
 - Choose passages that directly correlate to an area of sin or unbelief or trauma and place them where you'll see them. Writing reinforces and makes it easier to retain and believe.
- 3. Bow or posture yourself before the Lord as you pray.**
 - The Bible tells us to bow! (Why do you think so many other religions do it? It's powerful!)
- 4. Keep it simple!**
 - The Lord's Prayer is an awesome place to start. It's how Jesus told his disciples to pray.
 - Romans 12:1-2 - Present your body as a living sacrifice.
- 5. Listen to music that is pure scripture.**
 - There is a lot of it on Spotify.
- 6. Listen to audio scripture.**
- 7. Set a timer to wait upon the Lord.**
 - Minimize distractions.
 - Invite His Spirit to minister to you.
- 8. Use an audio prayer resource.**
 - Christian meditation apps are helpful!
- 9. Consider a prayer buddy.**
- 10. Come to the Wednesday night prayer meeting.**
 - We are practicing together!

Above all, take a moment to submit all practices to God.