

## PRAY REGULARLY

Over the years there have been many different sermons, books and articles on prayer. Someone once said that more has been said about prayer than has been said in prayer!

Let's start by defining prayer. Prayer is simply having conversation with God. It's more than talking to God. Prayer is talking and listening. So here is one suggestion for spending time with God in prayer.

### Take Five

Prayer can involve thanksgiving, worship, listening, journaling, praying Scripture and intercession. This is not an exhaustive list but it certainly a great start. Why not take five minutes for each area when you pray? To take five minutes in each area means that by the time you finished with intercession you would have prayed 30 minutes.

Perhaps that seems like a long time but by breaking it up in five-minute increments you don't really notice. Of course, some days you'll spend more time in a certain area or perhaps not as much time in other areas. Don't make this legalistic, but rather think of it as a guideline.

Thanksgiving – Take five minutes to thank God for who He is in your life, what He's done and any answered prayer.

Worship – Take five minutes to worship. Play a song on a CD, sing your favorite worship song or just worship Him with your own words.

Listening – Take five minutes to simply listen to God. What is He saying?

Journaling – Take five to write out your thoughts of what God is doing in your life, what you'd like Him to do or what you're dealing with in your life.

Pray Scripture – Take five to pray Scripture. Take out your Bible and as you read through a chapter, pray the verses you read. There is nothing more powerful than praying God's perfect Word.

Intercession – Take five to pray for others and their needs. Ask God to give Christians you know strength. Ask God to bring salvation to those who don't know Him. Pray for your five friends who don't yet know Christ that they would receive Him into their lives.