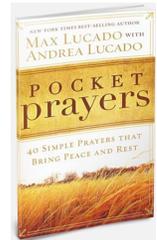


## Building Your Prayer Life

By Susan Nickolson

Most of us acknowledge that prayer is important. But do we pray seldom, sometimes, often, daily? Here are a few suggestions to help you begin to build your own Prayer Life from the foundation up or to add on!

**But how to start?** There are many ways to pray and many ways to get started. I hope some of the resources below will help you.

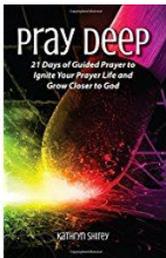


- ❖ Sign Up for the Prayer Challenge (4 minutes + 4 weeks) and Get the Free *Pocket Prayers* eBook by Max Lucado. These are “40 Simple Prayers that Bring Peace and Rest”.

<http://www.faithgateway.com/prayer-challenge-before-amen>

- If you enjoy these prayers, you might like before Amen by Max Lucado.

- ❖ Kathryn Shirey: <http://www.kathrynshirey.com> (a number of free online articles on prayer and books available at amazon.com)



- Pray Deep: Ignite Your Prayer Life in 21 Days explores different ways to pray, ie. Prayer Journaling, Praying the Lord’s Prayer, Praying Scripture, the 5 Finger Prayer, and more! There are other Pray Deep books by this author!

- Day 4 - Praying the Lord’s Prayer makes the following suggestions:

- Read the Lord’s Prayer and focus on the words
- Think about what those words mean to you
- Write it out in your own words

- Prepare Your Heart For Prayer {FREE} study guide to pray Psalms 1 & 2

- When you don’t feel like praying, that’s EXACTLY when you need prayer the most!
- Prayer is persistence and patience through the ordinary hours
- 3 Ways to Pray When You Don’t Feel Like Praying
  - Just do it.
  - Use a devotional or prayer book to get you started
  - Use the “don’t want to” feeling as a prayer prompt and pray about whatever in your life is causing you to not feel like praying.

- ❖ How to Pray: 5 Steps for Beginners:

<http://thejenweaver.com/how-to-pray-beginners/>

1. Talk with God.
2. Let it be real prayer, not a production.

3. The Lord's Prayer. "Jesus didn't offer this prayer to the disciples as *what* to pray, but as instruction about *how* to pray."
4. Pray continually. "Communicate with Him as you go about your day. Keep the conversation going."
5. Pay attention to how God answers. "His answers will come as "Yes", "No", or "Not yet." But there's always an answer."



Which resource will you try? Please share your experiences with us at [www.givingjesus.com](http://www.givingjesus.com).

