

6. Make a helpful space for prayer

Find a place that is most comfortable for you to pray,
Some people have a particular chair
Others find a certain room to be conducive
Choose your place, then cultivate the atmosphere in that area.

USE A SPECIAL PRAYER PLACE THIS WEEK

7. Make use of visual aids

Have a bible to hand. Or use inspiring books of prayers
Some people pray over the articles in the daily newspaper,
But don't be limited by written materials.
Many people find that a lighted candle helps create a mood

GET SOME TEA LIGHT CANDLES & USE THEM

8. Make regular steps forward

Prayer should be varied just like any relationship.
Sometimes it should be light. Sometimes it should be fun.
Sometimes it will be deadly serious and tear-filled.
Variety is the key

**EXPERIMENT WITH A STYLE OF PRAYER
THAT IS NEW DURING THIS WEEK**

TOP TIPS FOR GETTING MOVING WITH YOUR PRAYER LIFE



... and eight things that
you can do **THIS** week
to make that start!

1. Make a Start

Don't wait until you are "in the mood" or "the right time"
Excuses will always distract or delay
Ignore them and make a start, even if it's a very small one.

Decide how much time you are going schedule to begin
Be reasonable - five or ten minutes might be a good start.

SET ASIDE MINUTES EACH DAY

2. Make an Appointment

Make an appointment to meet with God
It's just like any other appointment.
Schedule something in, and then you won't 'just forget'

**WRITE TIMES OF PRAYER IN YOUR DIARY
OR ON THE CALENDAR**

3. Make a List

Making a "Prayer List" is very helpful in being specific.
Write it down and have the list with you when you pray.
Keep adding to the list and subtracting them all the time.

START A PRAYER LIST THIS WEEK

4. Make yourself Heard.

God will still hear your prayer if you pray silently,
BUT it is easier to keep focus and on track if we verbalize

Don't be embarrassed...

A good idea is to use the "Dear Diary" approach.
In other words, write it down.
Write a letter to God and express your feelings and desires.

WRITE A 'DEAR GOD' LETTER THIS WEEK

5. Make other people your focus

Praying for others is helpful, not only to the person that you
are praying for, it's also helpful to you. Praying for others
grows and develops our heart to become more like God's.

Rather than praying, "God bless Elizabeth", be more specific.
"God, please surround her with a feeling of joy."
Or "Heavenly Father, please melt the pain and resentment
that are in Elizabeth's heart with your love."

**WRITE DOWN THE NAMES OF THREE PEOPLE
THAT YOU'LL PRAY FOR THIS WEEK**

1.
2.
3.