



Before You Pray

Before praying, take these six things into consideration.

1. Schedule a regular prayer time. Find a time every day to spend in prayer— and be consistent. This is important. Give yourself enough time to actually pray. Many people only spend a few minutes each day in prayer. Few people spend quality time in prayer. It takes time to drown out the cares of the world, sit and pray, and then allow God to speak to us.
2. Find a quiet place to pray. In a world full of distractions, we need a quiet place where we can allow God to speak to us in prayer. The most effective place to pray is in your quiet place. It could be anywhere, as long as it is private. You can use your garage, pantry, front porch, or any other creative place where you can get alone with God. Some people pray while driving in a car, others pray while working out or running.
3. Try to limit distractions. Don't pray in the same room that you may watch television or be tempted by other activities.
4. Choose a scripture to help you pray. Prayerfully select a passage of Scripture that means something to you. Let it either focus on the goodness of God, the promises of God, or the worship of God.
5. Allow time for God to speak to you. This is the hardest part. Many people never hear the Lord speak to them simply because they don't allow Him to. We need to allow time to sit and listen for God's voice. This was the difference between Eli and Samuel (1 Samuel 3). Samuel was open to hearing from the Lord. He said, "Speak, for your servant hears" (3:10).
6. Have a prayer list to guide your prayers. Pray for your family, friends, church, and so on. This will ensure that you don't forget important things to pray for.