

Having A More Effective Prayer Life

And confess your sins to God, to one another, to the older ones of the congregation, and pray for another, that you may be healed; for great is the power of the prayer of the righteous. -- James.

Many people underestimate the importance and power of prayer. Some tend to view it as a short ritual at meals. Others even see it as a last resort often hearing "there's nothing we can do now but pray."

Prayer is so much more than either of these. If Yeshua felt the need to give prayer such a priority, then how much more should we depend on it? If prayer was not effective and powerful, Yeshua wouldn't have spent so much time in prayer.

The question is how can you make prayer a more active part of your lives? How do you fit such an important practice into your hectic schedules? The following are a few simple ideas that may help:

1. Make prayer a priority. Prayer shouldn't be just something on your "to-do" list. It should be the first thing on your list. It is essential to cover your lives and your families in prayer.
2. Make it a discipline. You get busy and sidetracked. You are not always in the mood to pray. So you have to discipline yourself to pray just like you discipline yourself to go to work each day, clean the house, do laundry and wash dishes.
3. Pick a quiet time and place. This can be one of the most difficult things to accomplish. Running here and there each day with very little time to breath, it can be almost impossible to find a minute to yourself. But try to find some time in the day when you can have a few moments alone. It could be early morning, during a lunch break or at night when all the kids are asleep.
4. Spread your prayer throughout the day. If you can't manage one solid block of time at once, divide your prayers into smaller segments several times a day. This keeps you in an attitude of prayer and in close contact with God. He understands your time limits and demands.
5. Keep a prayer notebook. This can be extremely helpful. Writing down your praises, thanksgiving, requests, and burdens has several benefits. It helps you to stay focused and on task. It's so easy for your mind to wander, just when you sit down to pray! Writing down your prayer intentions enables you to remember all the things you want to cover. Maybe the most important aspect of all is that you can look back over the months and years, and see how God has faithfully answered.

With a little planning and preparation, you can have a more fruitful and fulfilling prayer life. This daily investment of your time now, will reap great rewards - both now and eternally.