

# LIFE NEWS

## A LIFESTYLE OF Prayer

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Most of us would like to spend more time in prayer, or we may think we aren't praying enough. Yet, how could we add more time than the 20 minutes or so we give God for our devotions? Most of us can't go into the woods for days and pray around the clock. So what are we to do? I have previously written that I have physical prayer reminders to remind myself to pray throughout the day in my various spaces - office, home, and car. Today I want to introduce another helpful technique I have found to incorporate more prayer points into my life.

The good news is you probably already have the tool you need within five feet of you to do this. Here's what I do at certain times during the day. I set my phone alarm to go off. However, these are for very specific times during the day. The times that I have chosen have to do with verses in the Bible. For example, at 10:02, I pray Luke 10:2, which talks about how the harvest is plentiful and workers are few, and to ask God to send workers. So when that alarm goes off, I take a moment and pray that specific prayer and then go back to my tasks.

I have several alarms that go off during the day. Doing this allows me to refocus on God throughout my day despite what is going on and also allows me to pray Scripture with wonderful promises. Examples of Scriptures you could pray: 6:09 a.m. – Matthew 6:9-13 - The LORD's Prayer. At 10:02 a.m. - Luke 10:2 - He told them, "The harvest is plentiful, but the workers are

few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field." At 1:08 p.m. – Acts 1:8: "But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth." At 3:16 – Ephesians 3:16-21: "I pray that out of his glorious riches, he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen."

### ***Here are some practical tips:***

- Start slow. Don't start with lots of alarms. Pick one (10:02 a.m.) and see how it goes. Then add more.
- As you are reading the Scripture, be on the lookout for other verses you could use.
- There are Prayer apps that you can get that pop up at times you set. These are great because you can put the verse right in there.
- Pray. Don't just read about the method. The goal is to actually pray to your Heavenly Father.