



Chapter One: Devotional Two

Talking to God, Hearing From God

The Fitness industry is a billion-dollar industry. Most Americans would agree that diet and exercise are important, yet many people don't take the next step to regularly add fitness to their schedule. Why? Perhaps we have jumbled priorities. We don't make time to take care of our health even though we know it's important and beneficial.

In the same way, most Christians would agree that prayer is important and beneficial too, but we often overextend our schedules and indulge in other things which crowd out time for prayer. Connection with God starts with intentionality, Author Donna Barrett says it this way:

Excerpt from *Leveling the Praying Field*:

"Intentional prayer begins with a plan. I often say you can tell what a person or church values by looking at two things; their calendar and their finances. So, look at your calendar for the last month of scheduled times for activities and appointments. We make appointments with clients, the life coach, the hairstylist, the dentist, and the mechanic. Why not write in appointments with Jesus for times of prayer...Consider scheduling times of prayer on your weekly, and monthly calendars, and keep the appointments as diligently as you keep any other appointment on your schedule." p. 28

Connecting with God starts with our schedules. When we value our relationship with God, we will make it a priority to spend time with Him. We are wise when we realize our time is limited and we prioritize accordingly. Psalm 90:12 (NIV) says, "Teach us to number our days, that we may gain a heart of wisdom."

Jesus prayed while he was on earth and His disciples noticed. In fact, they asked him to teach them how to pray. Let's take our relationship with God to the next level by being intentional with our time with Him. Make a plan, find a place, develop your personal prayer style, and know your motivation. Begin scheduling uninterrupted times to connect with the Lord and watch your prayer life flourish!



Prayer:

Lord, help me prioritize my relationship with you. As I examine my heart and my schedule, illuminate the areas where I can recapture time to spend with you. Thank you for giving me perspective and a heart of wisdom. Amen.

Reflection Questions:

- 1) What are two or three things that motivate you to pray?
- 2) What places of prayer work well for you?
- 3) Why is prayer not optional for believers?

*Questions from Leveling the Praying Field, Chapter One, p 37-38

Key Thought - *Communicating with God is intentional - you need a plan, place, personal prayer style, and motivation to pray.*

LEVELING THE PRAYING FIELD STUDY SCHEDULE		
	<u>MONDAY</u>	<u>THURSDAY</u>
WEEK ONE	Introduction	Chapter 1
WEEK TWO	Chapter 2	Chapter 3
WEEK THREE	Chapter 4	Chapter 5
WEEK FOUR	Chapter 6	Chapter 7
WEEK FIVE	Chapter 8	Chapter 9
WEEK SIX	Chapter 10	Chapter 11