



Chapter Five: Devotional Six

Practical Tools for Prayer

Whether you're going to the gym or to the grocery store, planning ahead is so much easier. Having a workout plan, gym clothes, and a towel makes the gym routine better and so is having your grocery list ready and coupons clipped before you shop! If you are looking to improve your prayer life, you need a plan and some tools to help organize your time with God. Author Donna Barrett shares one example that she learned to practice:

Excerpt from *Leveling the Praying Field*:

"Your prayer journal? Tell me about that'..."

'It's just an ordinary lined, blank journal I bought at a stationary store. I write in blue ink the words I want to say to the Lord in prayer. There's something helpful about taking the time to write it out longhand. Then I wait in God's presence for what I sense He is saying in response to what I've written. When I get a sense of his response, I write it in red. Back and forth we have a discussion, in blue ink and red ink.'" p. 82

Journaling is a great way to spend time with God, however, journal in a way that works for you! Plan ahead, consider looking at a whole week and switch things up. Try a different prayer focus each day, use worship music, use silence, change your posture from kneeling to standing or pacing. Read your Bible and try a devotional. Pray through the Lord's Prayer or use the ACTS model (adoration, confession, thanksgiving, and supplication).

James 5:13-14 (NLT) says, “Are any of you suffering hardships? You should pray. Are any of you happy? You should sing praises.”

We don’t do the same thing when we spend time with a friend, so why would we do the same thing when we spend time with God? Our prayer objective is to cultivate our personal relationship with him as well as intercede for others.



Prayer:

Father God, thank you for teaching me how to pray. Help me organize my time with You so I can grow in my relationship with You and pray for others. In Jesus' name, Amen.

Reflection Questions:

- 1) Have you interacted with someone who serves a god different from the God you serve? How does prayer enter the picture for them?
- 2) How might you consider saying it differently to more clearly give glory to God in place of phrases such as “Prayer works” or “I felt the prayers?”

Key Thought – *Practical prayer tools can help us organize our time with God.*

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