

Ten Prayer Tips for Busy Days

You do not have because you do not ask. James 4:2

1. Pray before you get out of bed, or as soon as your feet hit the floor drop to your knees (or if you cannot get on your knees, sit up in bed and pray before you get out of bed). To help you remember and make this a habit, place a sheet of paper with the word PRAY somewhere you will see it first thing (on the ceiling, on the floor, wall, etc.). I wrapped a ribbon around my bedside stepstool and wrote the word "PRAY" on it. Then I kneel on the stool.
2. Too groggy when you first wake up? Write down a daily prayer and keep it by your bed to be used first thing in the morning. Keep it simple. This initial prayer should only be a couple of minutes to commit your day to the Lord and include thankfulness and prayers for the most important people and things in your life.
3. Place a note that says PRAY on your bathroom or makeup mirror (or write on the mirror with a glass marker or lipstick).
4. Place a sticky note that says PRAY on your coffee pot, cabinet or refrigerator or wherever you go first in the kitchen.
5. Take a close look at your days to recognize time wasters and try to eliminate them in order to fit a more specific prayer time into your schedule. Decide on a place, time and amount of time you will devote to fervent prayer (James 5:16). Add PRAYER to your bullet journal or planner. (See my book, Pursuing Prayer – Being Effective in a Busy World, due out from New Hope Publishers in November 2019, for what should be included in our prayers.)
6. Set alarms on your phone to pray at times when you know it will be most convenient for you. You may even download a Christian ringtone for this purpose.
7. Do not allow yourself social media time until you have prayed for a decided amount of minutes. Then pray for people as you scroll.
8. Use a portion of your lunchtime to pray. If you pack your lunch, write a note to yourself reminding you to pray. (Do this for the kids' lunches as well.)
9. Put an index card with the word PRAY in your devotional book and/or Bible to help you remember to include prayer in your devotional reading time. On the opposite side, write people/things you want to pray for. (See Seven Tips for Distracted Prayer in my book Pursuing Prayer – Being Effective in a Busy World.)
10. Use those PRAY reminders by your bed to remind you to pray when you go back to bed. Fall asleep praying.

Note: You may want to change and/or move your prayer reminders to different places periodically so you won't get too familiar.

**Remember, our families, our country and our world need our prayers, so let's
"pray without ceasing." 1 Thessalonians 5:17**

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