

# Why Prayer?

## Creating a Lifestyle of Prayer



*Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. MARK 1:35*

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during his life on earth.

**Have a Certain Time:** Jesus got up early in the morning to spend time with his Heavenly Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

**Have a Certain Place:** Jesus had a specific place he went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and even pray out loud if we want.

**Have a Certain Plan:** When Jesus taught his disciples how to pray, He gave them a prayer outline. We call it **The Lord's Prayer**. As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.

## Going Deeper

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For a deeper dive into the many aspects of prayer, check out the prayer outline Jesus gave us in this [discussion of The Lord's Prayer](#).

## Putting It into Practice

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**Develop a Prayer Plan:** When establishing a plan, writing things down often leads to more successful outcomes.

1. Think about your past relationship with prayer...
  - What situations bring me to want to pray?
  - What prevents me from praying?
2. Think about your life right now:
  - What am I thankful for?
  - What's on my mind?
  - Who else can I be praying for?
  - Where do I see injustice or suffering?
3. With these thoughts in mind, make a prayer plan,
  - What time of day can you devote to a few minutes of prayer?
  - Where's a place that you could go to to pray?
  - I want to talk to God about...
4. Commit to your plan. You could put it on a post-it and put it somewhere you'll see. Or put it in your planner.
5. As your week goes on, evaluate your prayer plan and adjust. Change time of day. Try another location. Add another couple of minutes. Add a second prayer time if you're ready.

**If you already have an active prayer life, what could you commit to as a next step?**

## Taking It Further

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**Praying Out Loud:** This can help some people feel closer to God, and their conversation with him more authentic. Find a quiet place with privacy, like when you're driving alone or taking a walk, and try talking to God out loud.

