

## INTENTIONAL ABOUT PRAYER

I have adopted the habit of praying while I walk my dog in a nearby park. This is an ideal opportunity to talk and walk with my Savior on a regular basis. Walking alone in nature provides me with the perfect place to pour out my heart's desires and praises to my Maker. I now call it my "prayer park".

Pray while exercising.

Pray immediately if someone comes to mind.

I use 3x5 cards with a hole in the corner then connect with yarn or an "O" ring. I can write out prayers or just have lists of names/items. The cards can be categorized (church, family, nation, etc.) and is easy to carry.

I find that I feel most connected with prayer when I am experiencing nature, such as hunting, back packing, strolling beaches, or climbing mountains! I also find "alone" times such as long drives are times I really enjoy conversing in prayer.

I keep a prayer list in my pocket and use it to be intentional about prayer. I use it several times a day -- not always praying through the whole list. My wife and I start and finish the day with prayer in bed. I have my quiet time with God as I'm going on a daily walk, and we have a more lengthy prayer time after supper at night with devotions. Having a close relationship with God is a beautiful thing.

Listening to Christian Radio inspires me to pray for someone but sometimes I just need to turn it off to talk with God and listen for His voice. I look for times that are "open" during the day such as waiting for an elevator or walking the halls of the hospital, then I talk with God reminding myself that Jesus is walking beside me every moment of every day. Am I doing, thinking, saying and acting the way He would want me to?

Psalms 90:4 says "a thousand years in your sight are like a day that has just gone by." How are we going to use our 24 hours that God gives us? We have a multitude of opportunities each day to influence many more people than we realize. I pray that I don't miss even 1 opportunity to smile at someone or say something kind to show God's love.

At my job at a local hospital I met a dad of an 11 year old girl with a huge brain tumor. She has a very poor prognosis but when I asked her dad how he thought she was dealing with all this, he said that he gave her a faith rock. It was a polished stone with the word "faith" engraved on it. He said that every night he "anointed" the rock and his daughter with healing oil and prayed over them. Then he and his wife would go back home and do the same for themselves.

Every day I pray my armor on according to Ephesians 6.

When I pray in a chair that is consecrated for prayer, God meets me in a powerful way.

As I read the Bible I talk to God then listen to what He wants to tell me through the scriptures.

After reading a devotional I journal my prayer back to God.

Going to Wednesday morning prayer time at church helps me listen to the Holy Spirit who tells me how to pray.

I have my laptop with me the majority of the day. I keep a spreadsheet on my desktop with the categories of family, work, church, nation. I update the prayer items under each category throughout the week.

I use the 25 minute drive to work to pray and listen to worship music. Sometimes a song will remind me of a person or situation that I feel God is telling me to pray for or the station will give me a verse that I feel I need to pray for someone. Or I just pray for whoever or whatever I feel God has pressed upon my heart to pray for that day. On the days I do not work, I spend some time before bed just being still and listening to what God has to say to me. It is amazing how at peace I am with life when God is near!

I cut out the Prayer Corner verse and the list of people needing prayer out of the bulletin then tape them to my mirror so I can pray for them as I get ready for the day.

I have an ongoing list in my journal that I bring daily to the LORD. I leave room to mark how they were answered.

I use my commute to work as a time for prayer.