

## Pointers on how to Pray

- Prepare a time where there is no distraction. Calm down and find a peaceful place that puts you at ease and puts you in the mood to pray.
- Read through the Holy Bible and contemplate on what you read.
  - Have a reading plan, and don't read randomly
- If singing a hymn would put you in the mood for prayer, then do so.
- Realize that prayer is a one-on-one time with God, where he should have all your attention
- It is recommended to stand or kneel in humility in front of God. Put the following verses in mind:
  - But cursed be the deceiver, which hath in his flock a male, and voweth, and sacrificeth unto the LORD a corrupt thing: **for I am a great King**, saith the LORD of hosts, and my name is dreadful among the heathen. ([Malachi 1:14](#))
  - I have sworn by myself, the word is gone out of my mouth in righteousness, and **shall** not return, That unto me **every knee shall bow**, **every** tongue **shall** swear. (Isaiah 45:23)
- Practice contemplating on what you pray. If your thoughts drift, then bring them back.
- Make your prayer with love. Remember that you're talking to a loving father, who loves you and loves listening to what you have to say.
- Prayer and the life of repentance go hand in hand. We can't live a life of sin and reject repentance (which is turning back to God), and still pray an acceptable prayer.
- Ask for God's will in your life.
- Be persistent in your prayer. Read Luke 11:5-15
- Remember to always give praise to God at the start of your prayer. Then present true repentance and confession to God, and ask for His forgiveness and mercy.
- Practice increasing the time you spend with God step by step. First dedicate some time in your day, even if it is only for 5 minutes, and then start increasing that time bit by bit.
- Practice starting your day with prayer.
- Practice praying with the Psalms. The Psalms have a prayer for everything. Look at the attachments.
- Practice short prayers, an example is from Daniel 9:19
  - O Lord, hear; O Lord, forgive; O Lord, hearken and do; defer not, for thine own sake, O my God: for thy city and thy people are called by thy name.
- Practice prayer for others.
- Practice presenting God with all the issues in your life. Don't segregate your life into sections, sections that God is allowed in and others that he isn't. Remember, God wants your whole heart.
- Be ware of things that hinder you from prayer
  - Being too busy
  - sleeping in late
  - Forgetfulness
- Practice memorization of bible verses. It will help you when you're in specific situations:
- Remember the power of prayer. Prayer and fasting moved mountains.