

HIS PROMISES

WAYS TO IMPROVE YOUR PRAYER LIFE



PREPARING YOUR HEART FOR PRAYER

1.Set Time Aside

The more we pray the more we want to pray, to do this we need to build a rhyme in our day that will enable us to take time out to pray. Prayer is a practice that requires discipline and perseverance, and we should own the cost. Prayer is the greatest act of our day, and we must fight for it and not just in times of need but at all times.

2.Remove the Distraction

Another way to preparing for prayer is by teaching ourselves to withdraw from all distractions. Create a war room that you can escape to so that you can be still before God. This will allow your heart and mind to prepare to hear from God.

3. Posture

Do what works for you to focus when you pray, whether that is closing your eyes, kneeling, standing, praying out loud or quietly. Pray as you are lead by the Spirit.

DON'T WORRY
ABOUT ANYTHING:
INSTEAD, PRAY
ABOUT
EVERYTHING. TELL
GOD WHAT YOU
NEED, AND THANK
HIM FOR ALL HE
HAS DONE
PHILIPPIANS 4:6

PRAYING THE WORD OF GOD



Prayers can be powerful when you pray God's words back to him. The bible says in the book of Hebrews 4:12 'For the Word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires. (NLT) The more you read the bible the more it edifies your Spirits and without even realizing it, the Words of God become the vocabulary of your prayers, sometimes because of the beautiful promises of His Word, it makes our hearts sing for joy. At times all you can do is desperately cling to his words with each season you may face. Practise praying God's words back to Him and you will see a change in your prayer life.

For example your prayers can be:

Lord, I ask that you show me Your glory- John 11:4

Lord, help me keep my mind be focused on you than worthless things of this world-
Psalm 119:37

Lord, hear my heart cry for you- Psalm 61:11

Lord, deliver me from my enemies- 2 Samuel 22:49

Lord, help flee from evil and cling on to what is good- 1 Thessalonians 5:21

Lord, use me in my weakness and not be overcome by the ways of this world- Romans
8:26 & John 16:33

WORSHIP



The Bible says in John 4:24 'For God is Spirit, so those who worship him must worship in spirit and in truth' (NLT). With worship you are surrendering your life to God by coming to Him you offer your body as a living sacrifice because that is true worship to God. Worship is putting all focus on God, this is based on the desire of wanting to truly honour Him because your mind, heart and soul is focused only on Him. True worship means getting out of the way and forgetting all your worries so that you can allow the Holy Spirit to move and touch your heart. Your worship should just be between you and God, do not think about how you look to others but how your heart is positioned towards God. be thankful Him for all He is and all He has done. Worship helps to prepare the heart for prayer and alignment with God and His will.

START A PRAYER JOURNAL



Starting a prayer journal is a great way to engage in your prayers differently to see the goodness of the Lord. Sometimes it's so easy to forget all that God has done for you and delivered you from and by having a prayer journal you can keep track of all your answered prayers. Prayer journalling can also be a reminder of God's faithfulness and love to all of His children. Grab your favourite morning drink, get your bible, pens and note pad and enjoy the quiet time with God.



PRAY WITH OTHERS



When we are praying for others, it is called intercessory, we are taking up “the whole armour of God”; we are actively participating in the spiritual warfare of the kingdom of Christ. Praying for others helps you. Intercession is warfare -- the key to God's battle plan for our lives. But the battleground is not of this earth. The Bible says, "We are not fighting against humans. We are fighting against forces and authorities and against rulers of darkness and spiritual powers in the heavens above" Ephesians 6:12. Intercessory prayer takes place in this spiritual world where the battles for our own lives, our families, our friends and our nation and when you declare the name that is above all names, the Mighty Warrior, victory is yours!

BE CONSISTANT , PERSISTENT AND WAIT



Rejoice in our confident hope. Be patient in trouble,
and keep on praying .

Romans 21:12

NEVER STOP
PRAYING
1 THESSALONIANS
5:17

CAROLINE MPALA



**I pray may this free-
resource truly bless you
as you continue to
elevate in your prayer
life.**

FOUNDER, CAROLINE

