



Maintaining a Prayer Life

At some point in your Christian walk with the Lord, you must have a prayer life, which is communicating with God. You may even wonder, "How do I start a prayer life? For some people, praying is a chore and they struggled with it. They deal with falling asleep or their mind wanders. When beginning a prayer life, you must ask for the grace to pray, put in the work and trust God's Spirit to lead and teach you.

Simply put, prayer is daily communication with the Father. Just as we talk to people around us, we tell them things, we ask them for advice etc that's how prayer is. The only difference is we don't see God physically but He's ever-present. This means you can talk to God, have a random casual conversation (no need for big grammar), share your little secrets (although he already knows), report, anyone, that's bugging you, claim your blessings etc.

One of the first steps towards spiritual growth is prayer. Prayer helps you build a closer relationship with God, and get answers to your questions. The place of prayer in the life of a believer cannot be ignored. Jesus was the perfect example of a praying man. He would spend the night praying and his prayers yielded results. Below is a glimpse at Jesus' prayer life:

At his baptism (Luke 3:21)

Regular time of withdrawal from the crowds (Luke 5:16)

After healing people in the evening (Mark 1:35)

Before walking on water (Matt 14:23, Mark 6:46, John 6:15)

Before choosing the Twelve (Luke 6:12)

Before Peter's confession (Luke 9:18)

Here are 3 Key steps to beginning your prayer life:

1. Know who you are praying to:

Has this ever happened to you-you don't know someone but the awful things you've heard about them make you not want to come close to them, you may not even want to have a conversation with them? Some of you grew up with the wrong notion about God. We are not to be blamed. The people around us who were supposed to accurately represent God ended up portraying Him differently. For some of us, God is this big angry guy who is always ready to pounce at us for making mistakes. On the contrary, God is a lovely Father, one

who desires to draw closer to His beloved children. One who has an interest in the tiniest detail of their lives. knowing this will enable you to see him in a different light, you won't hesitate to start conversations with him because you know he is always available to listen. So my dear friend, the first step towards starting a prayer life, one you will be consistent with, is to know the one you are praying to.

How can you know God for who He truly is? The answer is simple, go to the WORD. In the bible, you see all of God. You see Him as the creator, father, defender, provider, savior etc. And while you are in the Word, when you come across stuff that seems confusing, don't be afraid to ask questions.

2.Be Intentional:

Do you seriously want to start a prayer life? Then be intentional! It includes making the intentional decision to start where you are and remain consistent regardless of the difficulties. Creating that conducive prayer atmosphere, picking out the time you are most alert and your sweet spot(a place without distractions that will enable you to focus e.g. a war room), having a routine to follow and the willingness and openness to be led by the Spirit.

3. Keep it simple and Real:

Keeping it simple means avoiding big grammar and repetition of words that don't make sense. Don't feel pressured because you can't pray like Mr X or Miss Y!

4. Start small but Keep it going:

We all aim to pray for hours and hours, but do you know that those who pray for more than 30 minutes didn't start like that. They all started small. You too can start small! You can start with 5 minutes conversation with God then slowly but gradually you progress to 10 minutes, 15 minutes and before you know it you are praying for hours.

A tip to help you stay consistent is by setting reminders. This could be a clock or phone alarm, little post-it notes by the door, including prayer in your to-do list etc. Having a specific prayer schedule can also help, it will help your brain realize that it's a routine and when the time of your prayer approaches you somehow instantly remember.

Start praying today!

If you desire prayer, contact us through our website and submit your prayer request. We would love to pray for you and believe God with you for whatever you are desiring spiritually for your life.

God Bless!