

Changing Up

YOUR PRAYER TIME

- Choose a specific time (or try a new time if your usual time isn't working).
- Choose a specific quiet place (or try someplace new if you are in a rut).
- Make a prayer journal.
- Make a prayer list.
- Record prayer request dates and answered dates.
- Intermingle prayer with Bible reading.
- Study verses on prayer in the Bible.
- Find and study the prayers of biblical characters.
- Pray aloud from time to time.
- Pray in different positions from time to time (sitting, standing, knees).
- Use your hands differently during prayer (lift, clasp, cover your face).
- Sing a song of praise during your prayer time.
- Find specific people with specific needs for which to pray for a limited time.