

5 Ways To **ACTIVATE** Your Prayer Life

Before you close your eyes or bow to your knees in prayer, I want you to know and believe that God is on your side. I'm not even including this as a step, because it's a prerequisite. Every major shift in life begins in the mind. The bible declares in Proverbs, "so a man thinketh so is he." If you believe God loves you, you will feel loved. If you believe He is hearing your prayers, you will pray more confidently. When your heart is settled that God loves you, He wants great things for you, and that He is on your side, then every prayer you offer to Him will be that more potent.

Over time you may have repeatedly prayed about a situation. The evidence of change is minimal, or things may have gotten worse. May I suggest for you to look back at the areas where God has continually blown your mind and answered prayers that you hadn't even prayed. Beloved, believe that God loves you and is interested in your success. He is interested the success of your business, family, health, finances, and marriage. When you shine God shines. To activate your prayer life, you must first know without a shadow of a doubt that Christ is for you!!

Now that this truth has been laid allow me to share 5 life-changing principles that believe will change the way you pray, draw you closer to Christ, and activate your prayer life.

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1. Find Confidence In The Word

The sure fire way to know your prayers will reach heaven, is when you pray the promises found in the bible. God promises that His word will not return to Him void. Meaning He desires to see the promises that He made for you manifest. The purpose of His word is so it can positively affect your life (Isaiah 55:11).

At times I like to scan through the bible, similar to when I view a Target sales ad. My goal is to search for the perfect deal, the perfect scripture that speaks to my current situation and apply it in prayer. If I am feeling weary, I find a scripture of promise that assures the area of weakness. I then begin to pray it. In example, I just landed a new client and I want to knock their socks off and the event guests. I found myself in Deuteronomy 28:12, where it says, "God will bless the works of your hands." I then prayed, "Lord I ask that you will bless this event and all that I put my hands to so it will be a blessing to others and glorify you."

When you are relying on what God says and not in what you feel, you become more confident when you pray. You are not second guessing and hoping that this is something God wants to make happen on your behalf. Your confidence lies within the word of God.

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2. Find Unconventional Places To Pray

Break up the monotony, our God is omnipresent. He can be everywhere at the same time. God can be with you while commuting to work, waiting in line at the ATM, or sitting sideline at the Warriors game. When we limit our places of prayer to our bedside and church we unintentionally begin to place God in imaginary boxes. This allows our subconscious mind to believe we can only connect with him at specific places, in turn limiting what and where God can move.

Randomly, I dare you to schedule a date with God. A time you have purposely set aside to talk with him in an unconventional place. I enjoy the outdoors and water. When I am tired of looking at a computer screen and people, I will get away to be with the Lord in a place that I find peace and solace. Now just imagine if we felt the only place and time to talk to God was at night before bed or right before we ate?

Take advantage of the fact that God has an open door policy and the door is wherever you need it to be. It may be in the cubicle where you feel the walls are closing in on you. It may be in a bathroom stall, where you can get a millisecond of peace and quiet. Try your car, where you spend much of your time commuting. God is everywhere you need him to be, so open your mouth and talk to him no matter the place or time.

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3. Be Bold and Be Honest

Prayer is no time to pity pat and dance around the issues you truly need God to move in. In my life, it seemed God moved the fastest when I was downright saddened and disheartened. This caused me to yell, cry, and beat my fist into my pillow while praying before God. There is no one way to pray, but when your back is up against the wall it's time to go boldly to His throne of grace and be honest with how you are feeling.

When is the last time you told God exactly how you were feeling? *"Lord, I hate my husband right now and it's taking everything in me not to leave his tail."* *"Lord, if somebody asks me to do something else I am going to crumble."* *"Lord, why is it that every dime that comes into my hand, goes right back out? When we are honest with God, He is then able to reply directly to our situation and give revelation to the issue at hand. God will show us if our perspective is skewed then direct us towards a better attitude. God will see your heavy burden and lift it so you can remain productive through the pain. David cried out to the Lord in Psalms 18:6, *"I called to the Lord in my trouble. I cried to God for help. He heard my voice from His holy house. My cry for help came into His ears."* When you stop acting as if God doesn't already know your issues, you can boldly cry out for help and watch God move on your behalf.*

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4. Make Prayer a Priority

They say if you want to discover what is most important to a person, just take a look at their check book and calendar. The places you spend the most time and money reveal what is a priority in your life. Just as such, in order to activate a powerful prayer life, prayer must be a priority in your life. This must be a personal priority, not something that is important to your church, mother, or friends. This is something that you have intentionally said must be a part of your lifestyle.

For many of us, we don't have to prioritize eating, because there is no way we can live without food and water. The same emphasis must be placed on our communication with God. I Thessalonians 5:17 tells us to *pray without ceasing*. We all know that you cannot spend 24 hours a day on your knees, but your heart and mind can always be open to God. When we commit to acknowledging Christ in all we do, we will have better clarity about decisions. In like manner your first time talking to God about the decision, wasn't when you have the make the final decision. You prayerfully began asking for clarity and direction from the jump. The best way to keep praying is to don't stop praying. Find a consistent rhythm that works for you, so there won't be any clogged arteries in your communication with the Lord.

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5. Pray With Expectation

Who do you know buys a lottery ticket for the million dollar jackpot and doesn't expectantly check to see if they have the winning ticket? Who submits a resume for the job of their dreams and not anxiously checks their inbox for an interview invitation? The same should be true when we offer up prayers before God. When we release a pray and seal it with an "amen". Our antennas should beam right up, waiting with great expectation on how God is going to work this thing out. He promises to do exceedingly and abundantly above all which we can think or imagine. So if you have been asking God to reconcile your family, look out for the small doors He opens to communicate and connect with those who you have been estranged from.

In **Psalms 5:3** David declared to the Lord, *"In the morning, LORD, you hear my voice; in the morning I lay my requests before you and wait expectantly."* Delay is not denial!! The word I think we miss is the "WAIT". You've heard it before, good things come to those who wait. Your waiting is not in vain. You must view your waiting time as preparation time. God is divinely setting up something so awesome; you couldn't have thought it up yourself.

Remember, God is for you and is interested in your success. There is a season for everything, and you have to believe that when God wants to deliver on His promise it won't be a moment late, but right IN time! So get in boomerang position, knowing when you boldly release your prayers in faith, the answer is returning will be pressed down and shaken together.

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****BONUS****

A glimpse into my personal prayer life...

Recently, I have found it most helpful to acknowledge the Lord as soon as I open my eyes. Whether I'm saying, "thank you for another day", "Good morning Lord", or "lead and direct me". Since I have such a strong sleepy spirit, I have to get up wash my face, brush my teeth, then go have a quality prayer and devotion time with him. Otherwise I would be back sleep before you know it. In our home we have esteemed prayer, so we pause for family prayer at the front door before we leave. Our sons typically lead that prayer asking for God's protection and direction.

While driving I am remaining prayerful, but not necessarily praying. If I see a woman in distress, I may say a short prayer on her behalf asking God to give her peace or move on her behalf. After I have completed a project, many times I will need to stop, ask God's blessings over it. During this time I may lift up a person in prayer who has been on my heart.

In the earlier years of our marriage, my husband and I would pray on the phone during our lunch break for a few minutes. This did great wonders for our relationship and kept prayer a priority in our lives. The dinner table is a powerful and special place to come together again as a family to offer up a prayer of thanksgiving. We ask the boys what they were thankful for today. This allowed us to learn about their day at school and again impress the importance of prayer.

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Honestly speaking, by the end of the day I am typically beat, so rarely do I have a deep, extended prayer unless I feel a strong urge to do so. The last part of my day I like to spend in reflection, intentionally finding places to do better and asking God to make me over.

My prayer life is not perfect, but at least you can get a glimpse into the rhythm which has helped me to maintain an active prayer life.

I pray this has been a blessing to you and that you begin strengthening your relationship with Christ through the powerful gift of prayer.

God' Best,

