

Preparation for Prayer

Location

The great thing about prayer is it can be done anywhere; we can always communicate with God in any circumstance. However, prayer is a form of communication which goes both ways, so we need to be in a place that we can both speak to God but also hear from Him.

- Find a quiet space
- Remove all distractions, turn off the Television (don't just mute it)
- Have everything you need, bibles, or study aids with you
- If you are going to play music, find the songs beforehand or organise your playlist
- Silence phones (or turn them off)
- Communicate to others in your house this is your time of prayer and to limit distractions
- Have a list of your prayer points
- Play worship music to help you focus and open your heart
- Start your prayer with thanksgiving and praise (telling Him how wonderful He is)
- Practice gratefulness, list and thank Him for the things you are grateful for
- Use the Lord's prayer as a starter (if unsure of where or how to start)

Opening prayer example

Dear Heavenly Father, thank you for this time of prayer. I come before you surrendering all I am and have, in the mighty name of Jesus

Father, please send your Holy Spirit to help me pray, help me to hear your voice when you speak. Give me the clarity and boldness to obey your word. Father if I have sinned, please forgive me and help me to change.