

12 Tips to a Deeper Prayer Life

1. **Routine.** Pray at a set time every day. Early, late, mid-day... doesn't matter. Whatever works best for you.
2. **Distraction free zone.** Turn off or move away from anything that dings, beeps, buzzes or says, "Mommy" or "Daddy!"
3. **Pray the Psalms.** If you don't know what to say, pray the Psalms. 1 a day for 150 days. Repeat as desired.
4. **Listen.** Spend time listening, not just talking. Ever been in a conversation with someone & all they talk about is themselves?
5. **Pray more for others than yourself.** Don't just talk about yourself. Pray for others. Ask others to pray for you.
6. **Have a Prayer Partner.** It's great to have someone to keep you accountable in your prayer life. Plus, it gives you someone to pray for & someone who can pray for you.
7. **Experiment in Prayer.** There are many different ways to pray. If you're stuck in a rut, try a new way to pray. Prayer postures. Journal. Private worship. Breath Prayers. Jesus prayer. The Lord's Prayer. Pray the hours. Prayer walk. etc.
8. **Pray specifically.** James, the brother of Jesus once said, "You do not have because you do not ask." [James 4.2](#) Sometimes our prayers can get generic & ambiguous. What is it you want God to do for you specifically? Pray about that. Just ask. God is your Father & He loves you. What do you want Him to do for you today?
9. **Write it down.** Write down all the ways you've seen God at work. When you pray specifically & write down the ways you see God work & answer your prayers, your faith will grow. Remember, Prayer over Time = Faith.
10. **Practice waiting on God.** Ask God for something then resist the urge to fix it yourself. So many times we pray to God about something & then go fix it ourselves. Instead, put it in God's hands & leave it there. Trust Him. Then wait on Him to work.
11. **A Statement of Faith.** Start every prayer with a statement of faith. Something like, "Lord Jesus Christ, Son of the Most High God." Or, "God, You are good & Your love endures forever..." Beginning your prayer with a statement of faith is a helpful way of reminding yourself who God is & who you are not.
12. **Ask hard questions.** The goal of prayer isn't always to get answers. Something happens in prayer that is a great mystery. This is true because time spent in prayer is time spent in the presence of God. And when you spend time in the light of the presence of God you can't help but be changed. Transformed.