

All Rise

How to Have a Daily, Dynamic Prayer Life - Day 1

"Father, I need you and want you in my life!"

Have you ever experienced a relationship with someone who only seemed to come around or reach out when it was convenient for them? While this scenario might go a little unnoticed by you at first, the truth is, over time the lack of mutual effort, consistency, and interest always takes a toll on the intimacy and security of the relationship. Healthy, thriving relationships require a level of mutuality and desire. And, this is true whether you are talking about a partnership at work, a friendship, or even a romantic relationship with someone you're dating or married to.

In the same way that a relationship with other people requires mutuality, so does our relationship with God! He is passionate about us, and desires regular interaction and connection, but he will never force his way in. He, as a gracious and loving Father, waits to be invited into the arenas and details of our daily lives. This is exactly why an active and dynamic daily prayer life is so important. *Psalm 62:8 (NKJV)* says to "Trust in Him at all times.....Pouring out your heart before Him; [because] God is a refuge for us." In other words, when you pray, you are saying 'Father, I need you and want you in my life!' The good news is that when we ask, he enters – providing all that we need for the life he has called us to live!

Just like in a friendship or marriage where both parties are mutually engaged and active, when we mutually engage and active in prayer, our relationship with Jesus grows more intimate, connected, and powerful. This is how we find strength and wisdom for everything that's needed today, this is how we abide in his presence today, and how, today, we can continue to grow into exactly who God has created us to be. It's amazing!

As you're engaging with the idea of daily prayer, consider taking the following steps:

- Find a time each morning (maybe while you're drinking that cup of hot coffee or tea) to simply pray and invite Father God into your day.
- As moments arise where you feel out of your depth or overwhelmed, consider pausing to ask Father God to be present in this moment – providing all that you need.