

BUILDING A STRONG PRAYER LIFE

In Philippians 4:6, we are reminded about the importance of prayer in every situation. Prayer is an essential aspect of our walk with God and should be our first response in this season at home. Begin cultivating a life of prayer by following these 5 tips for a deeper prayer life!

1. DECLARE GOD'S WORD

Prayer and faith go hand in hand! Though it is not uncommon to have doubts, God provides His word for our faith to be strengthened. Matthew 21:22 tells us God promises that whatever we ask for through prayer, we will receive if we have faith. Faith is essential in prayer!

Declare His word and promises over your life! Memorise verses to build up our confidence in God. When we feel stuck, declare verses like Romans 8:28 where God says He is working for our good. When we feel overwhelmed, declare verses like Isaiah 43:2 & 54:17 where God says He is with us and no weapon turned against us will succeed. In the area of lack, declare Psalm 23:1 & 34:10 where God says He is our Shepherd and we have all that we need for those who trust in Him.

2. EXALT GOD

Ephesians 1:20 depicts the great power God raised Jesus from the dead and seated Him at His right hand in the heavenly places. Exalting God can be as simple as declaring: "God, You are a Miracle Worker", or "God, You are always faithful!". When we lift up the name of Jesus, we receive the right perspective of God's character. Choosing to exalt God involves us laying down our personal struggles and fixing our focus on God. We then receive new understanding for our situation to pray for His will, plans and power in our lives and He will reward us with answers to our prayers.

3. BE CONSISTENT

This is where we have to get practical! Set a fixed time and quiet place to pray daily. It will be good to find a time when you can focus, and a place without distractions. A schedule helps to establish regular prayer time in our lives, and halt excuses where we 'forget' to pray. Set alarms to remind you as a quick way to develop discipline. Ultimately, devise a prayer schedule that suits you, but be intentional in prioritizing the time for you to commune with God.

4. PRAY WITHOUT CEASING

God is always moving, hence we should pray without ceasing! As helpful as prayer schedules are, we are not limited to them. One way to increase our prayer life is to pray more frequently. In times when you don't know what to pray, praying in the spirit will strengthen our spirit. Moments of transition like commuting or short breaks can be effective in increasing our capacity for prayer.

The unjust judge gave in to the widow because of her persistence. If the judge responds to constant pressure, how much more will a great and loving God respond to us? Our God is working His best plan for us as we persevere in prayer!

5. CARRY A THANKFUL HEART

God wants us to give thanks in all circumstances. Spend time to reflect and thank God for all He has done - the impossible situations He helped us overcome, the prayers He answered and the favor He has shown in our spheres of influence. This

strengthens our faith and reminds us of His unfailing love! Carrying a thankful heart is being expectant that God will come through in our current situation as He always does to bring about greater breakthroughs.

Prayer is one of the most powerful weapons God has given to us, let's use it, and experience how God can work in our lives in unimaginable ways as we pray consistently!