

+ PRAYER

practical tips for adding prayer into your life

/ plan for Thanksgiving break /

Really stretch yourself. Grab a thirty minute period (yes, when you could be napping!) and set a timer and just get praying. Start out with thanking God for who He is. Then move on to just thanking Him. You'll find the time goes by really fast!

/ use the "wasted" moments /

You know, when you're driving to school or walking to class. You could be chatting with God instead of listening to music or texting.


/ pray out loud /

You knew this was coming, didn't you? Start small. When you're home over Thanksgiving break and just exploding with joy while decorating the Christmas tree, helping with dinner, or about to take another nap, just share the thanks out loud. "Thank you, God!!" The gratitude grows you, the praying grows you, and the praying OUT LOUD grows you. And you're around family! Before you know it, you can try thanking God out loud at school or work.

/ grab an accountability partner /

Ask her to check in with you every day and verify you've prayed for a set time, in addition to those more spontaneous moment of prayer.

/ grab a prayer buddy /



It might be weird. BUT IT SHOULDN'T BE. Ask your best friend to pray with you this week. All you need it six minutes. Get caught up on each others' lives and then just start praying.

/ ask for prayer requests /

Ask her to check in with you every day and verify you've prayed for a set time, in addition to those more spontaneous moment of prayer.

/ pray right away /

If someone asks for prayer or you find yourself telling them you'll "pray for them," pray RIGHT AWAY. Even as you're talking to them. God hears those multitasking prayers. He hears the three-second prayers. They still count!