

SOLUTIONS TO PRAYER PROBLEMS

***Have faith** in God's process, not in your desired outcomes.

***Pray without ceasing.**

The Holy Spirit lives within you and is always praying without ceasing, so no need to have a wordy intro. Cut to the chase-pick up where you left off. (1Thess.5:16) Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

***Prayer Journal**

Write out prayers or write out scripture as a prayer (Psalms is a great place to start this type of journal)

Carry a small prayer journal with you throughout the day and write down things you remember that need prayer. Pull the journal out during your quiet time to help you both focus and remember. This will lead to more purposeful prayer. (you can find my favorite @ www.plantoprayer.com)

***Posture**

Go old school! (grandpa prayer) get on your knees by your bed and pray. This posture is a form of submission to the Lord and it is just uncomfortable enough that it will remind you why you are there which, will help keep your mind from wandering and more focused on prayer.

***Nature**

Get out into the outdoors and enjoy the vast beauty and perfect plan that is in nature. This is great for calming your anxiety and helps connect your heart to God. Go for a walk and get the added bonus of exercise.

***Worship Music**

It is scripture set to music and it can help you to say what is on your heart, especially when you are having trouble identifying your feelings. It can often times break through a troubled mind and bring clarity when you feel too overwhelmed to pray.

“We were created to worship God. It's a state in which our soul finds true peace, rest, and purpose.” -Stormie Omartian

***Set intention** to pray early in the am, or on a lunch break, just make sure you are carving out time to spend with God every day.