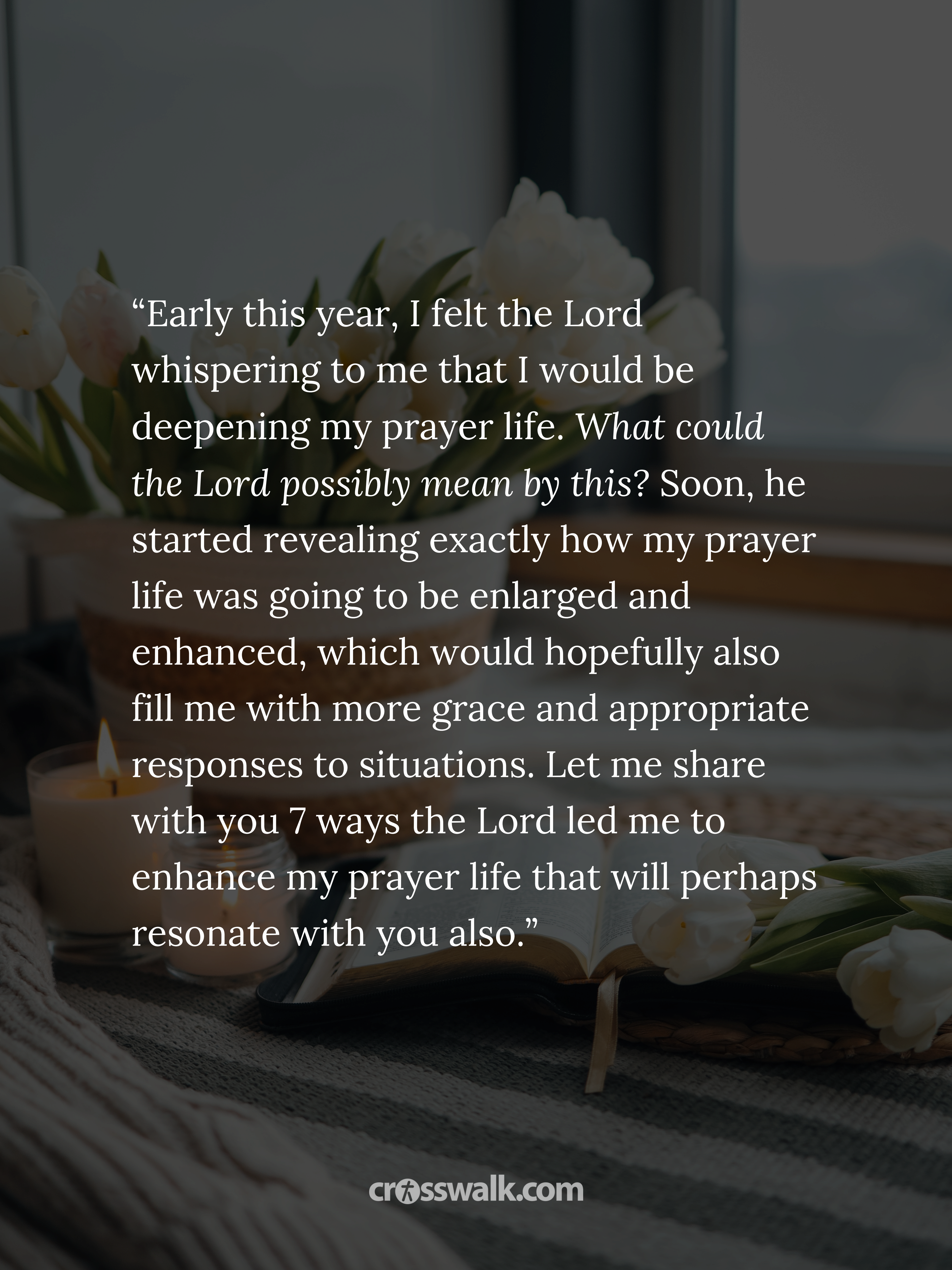


7 Transformative Things That Will Enhance Your *Prayer Life*

By: Janet
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A still life scene featuring a lit candle, an open book, and white flowers on a textured surface. The background is dark and out of focus, showing a window with blinds. The foreground is a light-colored, textured surface, possibly a rug or blanket. A lit candle is on the left, an open book is in the center, and white flowers are on the right.

“Early this year, I felt the Lord whispering to me that I would be deepening my prayer life. *What could the Lord possibly mean by this?* Soon, he started revealing exactly how my prayer life was going to be enlarged and enhanced, which would hopefully also fill me with more grace and appropriate responses to situations. Let me share with you 7 ways the Lord led me to enhance my prayer life that will perhaps resonate with you also.”

1. Actively Anticipate the Lord Moving in Your Prayer Life

Sometimes, we allow ourselves to become overwhelmed by everything happening in our personal lives and in the world. Things that might cause anxiety, worry, doubt, fear, maybe even hopelessness in our soul. It's easy to forget that those are the very times we need to take everything to the Lord in prayer.

I mean everything!



We've all been around prayer warriors who break out into prayer continuously and spontaneously. Petitioning and praising. I have a friend like that and when I'm around her, I realize how little I actually pray. Many of us relegate our prayers to morning devotionals and before meals, but then we might set God aside for the day while we deal with life instead of anticipating opportunities to call on God like the Scriptures remind us to do. J. A. Bengel once said, *"Anxiety and prayer are more opposed to each other than fire and water!"*



Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. Phil. 4:6

2. Follow Through When Prayer Assignments Are Revealed



A prayer assignment occurs every time we sense someone, something, or even an issue is in need of prayer. It could be illness, job loss, death, problem children, finances, work decisions...the list is endless. Our tendency is to express concern or condolences and say, “I’ll pray for you.” But could it be that our assignment is to pray in the moment?! Ask the person if you could pray for them right at the time.

If it’s on social media, text, or email, write out a short prayer response. When you hear bad news on the media, drop to your knees and pray. Take it to God in prayer instead. Often, I’ll hear my husband on the phone praying for someone. He’s responding to a revealed prayer assignment and doesn’t hesitate to pray in the moment.

The prayer of a righteous person is powerful and effective. James 5:16

3. Look for Opportunities to Pray More

It's wonderful to stop and pray for revealed prayer opportunities, but our prayer life will become more vibrant when we also consciously and consistently seek out opportunities to pray. With all the chaos and upheaval in our world today, it isn't hard to find occasions to pray.

With practice, we can all become beacons of hope, courage, love, and grace when we extend to others and to ourselves the gift of offering prayers to our Lord and Savior. How that blesses him, others, and us.

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. 1 Thess. 5:16-18

4. Become Aware of Conversations and Resources about Prayer

Have you noticed when you focus on something, you start to see it talked about everywhere?! Your ears perk up. For example, my 2024 word was “Grace.” Now I see grace in songs, Scriptures, Bible studies, books, sermons, conversations...because I’m more aware of it. The same thing will happen in our prayer life if we seek out books, Bible studies, and articles on prayer like the one you’re reading right now. If you conscientiously desire to broaden and enhance your prayer life, God will open your eyes to see prayer in areas you never expected.

Devote yourselves to prayer, being watchful and thankful. Col. 4:2

5. Join a Prayer Group

One day I received an email that mentioned the opportunity to pray with other people from around the nation via a Zoom call. That was an “ah ha” moment for me to sign up for their Monday morning or evening group prayer call. As faces popped up on the computer screen from across the USA, I knew this might be what the Lord was talking about in enhancing my prayer life. When we broke into smaller prayer groups, we each had the opportunity to pray for issues in our nation, personal lives, and local communities.

This was something I had never experienced before, and it's the highlight of my week praying with fellow brothers and sisters in Christ that I might never meet. Thanks to technology, we share together across the miles our prayers and praises.

What if you developed a Zoom call group of friends and family to pray together at a specific time and day of the week? Or maybe it's joining a prayer chain or in-person prayer group at your church. Neighbors, friends, or family can also gather regularly for the specific purpose of praying together. Keep the group small and intimate so everyone has the opportunity to share and pray.

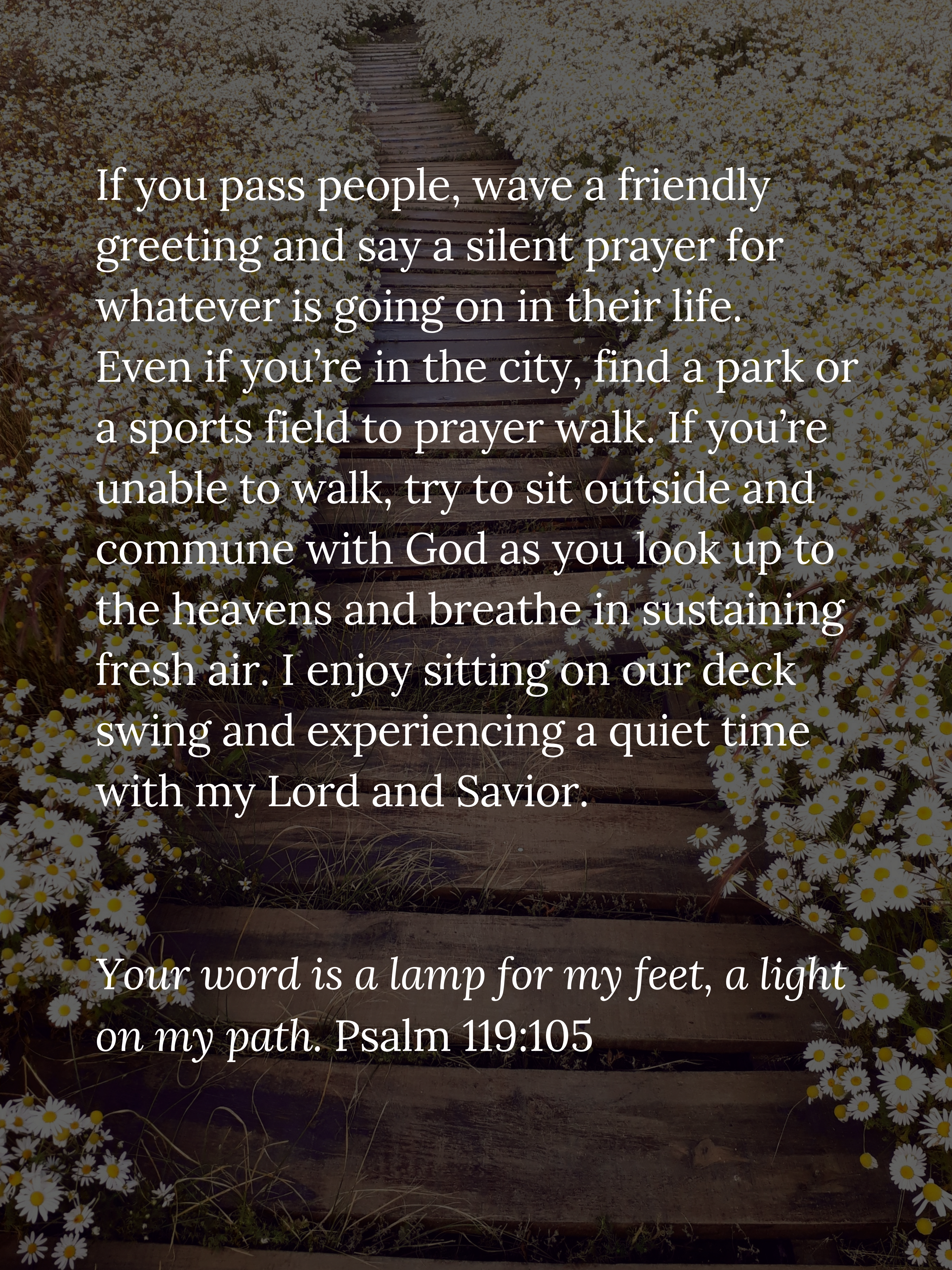


For where two or three gather in my name, there am I with them. Matt. 18:20

6. Prayer Walk

Walking and praying just seem to go together, especially if you can get out into nature. *Fresh air, exercise, and the beauty of God's creation surrounding you leads to spontaneous walks and talks with God.* Many people tend to walk or run with earbuds listening to a podcast or music, but being outside listening to the birds chirping, the squirrels and chipmunks scurrying around renews a spirit of listening to God and focusing on what he might be saying to you. We don't have to close our eyes to pray, in fact, when you're outside you want your eyes wide open to take in all the beauty surrounding you and not stumble or fall.

If you pass homes or businesses, pray for those who live inside or do business there.

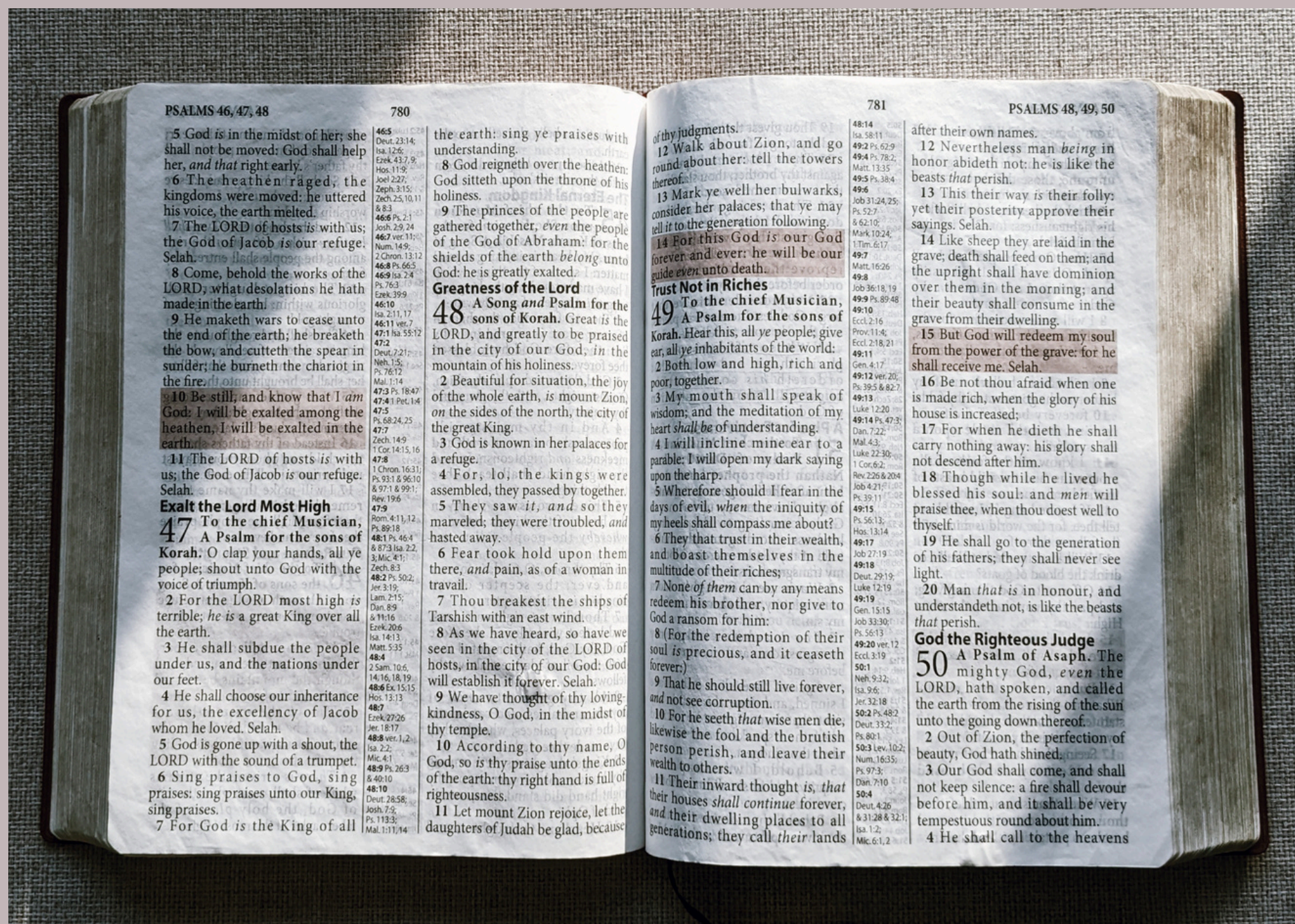


If you pass people, wave a friendly greeting and say a silent prayer for whatever is going on in their life.

Even if you're in the city, find a park or a sports field to prayer walk. If you're unable to walk, try to sit outside and commune with God as you look up to the heavens and breathe in sustaining fresh air. I enjoy sitting on our deck swing and experiencing a quiet time with my Lord and Savior.

Your word is a lamp for my feet, a light on my path. Psalm 119:105

7. Pray Scripture



Praying Scripture is simply personalizing it to the person or situation we're praying over. Most prayer requests are asking God to do something or focus on the outcome we want. Sometimes we even try to thwart God's will, but God might be saying, "You're praying the wrong prayer." Or sometimes we may pray for something good and even scriptural that God has decided is not for us.

Naturally, our prayer requests often are self-centered. But our best weapon in a spiritual battle is the sword of the Spirit—the Scriptures, the Word of God—to pray God's will and not our own will. Praying using God's own Words and promises keeps us in line with his will.

A series of 20 horizontal lines for writing.