

20 Days of Prayer And Fasting: **“Cultivating Prayer Habits”**

“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed.”

- MARK 1:35

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth. Jesus did three things that we should also do if we want to cultivate prayer in our lives and church.

1. HAVE A CERTAIN TIME

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

2. HAVE A CERTAIN PLACE

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

3. HAVE A CERTAIN PLAN

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it “The Lord's Prayer.” This outline, along with several other tools, is available in this guide. As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.

For more resources and coaching tips, visit the “20 Days of Prayer And Fasting” page at: <https://www.poplarridgechurch.com>.