

What is your prayer life like? You get to be honest here because there is no one to hear your words or see your reaction. But do be honest because who are you fooling? God? Certainly not. But also, this is not an article to make you feel guilty but rather to call to your attention that which is essential to the life of a Christian. Martin Luther is quoted as saying, *“To be a Christian without prayer is no more possible than to be alive without breathing.”* I think that says it all. So really the question is: **Are you alive?**

I admit it, I struggle with a regular, vibrant prayer life. I go through my ups and downs. Sure, I pray during worship and at meetings. I pray at mealtimes and with my kids before they go to sleep. But as a regular activity, such as breathing? Well, that can be more sporadic than regular. I once heard a quote that said that when you do not feel like praying, that is the precise moment when you need to pray all the more, because it is an indication that Satan is at work on you. And the last thing I want is for Satan to work on me.

And so, I have been working on my prayer life and trying to develop some routines and healthy habits. Some are new and some are beginning to become habits. And so, I want to share with you a couple ways to jump start your prayer life and hopefully begin a new, godly habit to rejuvenate your relationship with God.

(1) Wake up in the morning and thank God first thing (even before you have your coffee).

(2) Instead of your normal, memorized meal prayer, mix things up and pray a prayer from the heart.

(3) Keep a prayer journal and note how and when God addresses your prayers. I like to use my phone because I know I always have that with me.

(4) Instead of saying to someone, *“I will pray for you”*, actually pray for them or at the very least, take the time to write it down so you will not forget later (watching you write it down shows that you are serious about them).

(5) Send a message to 3 people each week, asking how you can pray for them. You might be surprised at how responsive people are. And then follow up with them later.

(6) Pick a handful of people from the congregation and send them a message to let them know that you are praying for them.

(7) If you have to drive for a while, turn off the radio and cell phone and pray out loud. No one will hear you except God.

But whatever you do, pray, pray and pray some more. It is the breath of a Christian and the lifeline to our awesome God. But always remember, no prayer is too small or insignificant for God. He is never too busy for your prayers. And on the flip side, remember how big God is so never be afraid to pray boldly. But in the end, it is *thy will be done*. Let God change you and put you more in line with His glorious and perfect will. Amen.