

PRAYER | WEEK 1

written by Pastor Don Bartemus

By the end of this Ordinary Challenge, we'd love to see you on your way toward a vibrant prayer life that is purposeful and productive. The ultimate goal is to develop a love for conversation with the one who is the object of your deepest love—God the Father, God the Son, and God the Holy Spirit.

As a first step, choose a time of day when you will pray at least five minutes every day. Put it in your calendar as an appointment with God. Have your phone or computer alarm set to remind you of this most important appointment. Every day. Five minutes. Go ahead and do it now.

My daily appointment time: _____.

Now that you have the appointment, what is the agenda for the meeting?

Biblical prayer is God setting the agenda. He set this template for your prayer meeting in Matthew 6 where Jesus said,

*“Pray then like this: Our Father in heaven, hallowed be your name.
Your kingdom come, your will be done, on earth as it is in heaven.
Give us this day our daily bread, and forgive us our debts, as we also
have forgiven our debtors.
And lead us not into temptation, but deliver us from evil.”*

With these word of Jesus in front of you, write out four items on your agenda with God. Begin with adoration of our marvelous God who wants to hear you speak with Him!

1. _____
2. _____
3. _____
4. _____

Tip | Pray

Now that you're ready to get started, here's the first prayer tip: *the best way to learn to pray is to pray.*

And the best prayer at the beginning of each day is to ask God to teach us to pray. So ask and He will certainly answer. Don't worry that your words are not all that good. When I see my grandson coming up the driveway to see me, all the while jabbering gibberish a mile a minute, I do not care about his diction. I do not correct his pronunciation. I pick him up and answer! Will not God do even more?

Do | Keep your appointments with God and follow the agenda for each meeting. Stick to the five minutes, and do not miss a day. This does not mean you are not allowed to pray any other times, but you will begin to develop a love for prayer in the daily habit.

Tip | Write it down

The other helpful practice to begin this week is *writing out what you want to pray.*

Do | This involves a prayer journal. Write a simple sentence, and no more than three sentences, expressing your prayer moment with God. This is the note taking process of your 5 minute daily appointment with God.