

Reset – 20 Ways to a Consistent Prayer Life*

Desire	Jesus is motivating you with a strong desire to pray.
Decide	You've decided to devote 20 minutes a day for the next X period of time to prayer.
Reach	Refuse to allow any past failure to derail you. Get back in there and reach forward.
Fight	Eliminate every distraction to prayer. This is serious!
Place	Withdraw to the same place every day for prayer.
Clock	Keep to the time of day when you're at your best.
Repent	Repent as needed.
Cleanse	Be washed with Christ's blood and enter with confidence into your Father's arms.
Thanks	Make thanksgiving and praise your opener.
Pray/Read	Pray the Scriptures as you read them.
Psalms	Find vocabulary for prayer in the Psalms.
Listen	Yes, talk – but even better, listen.
Journal	Record and review everything noteworthy that comes to mind.
Obey	Resolve to obey every word He speaks through Scripture.
Love	Tell Him, over and over, that you're doing it all for love.
Fast	Fast occasionally.
List	Use a prayer request list for a year to see if it helps you.
Routine	Arrange the elements of your prayer routine into a set order and follow that format daily.
Endure	Always keep sowing into the secret place even when not inspired, knowing you'll eventually reap a harvest.
Grow	Receive grace to keep growing in prayer all your days. There's more!

Prayer Routine

1. First thing in the morning after grooming and exercise
2. Gather materials, go to secret place
3. Reflect/repent/cover with Blood of Jesus
4. Enter in with gratitude and thanksgiving
5. Open Prayer Journal, review Routine, pray the Lord's Prayer
6. Read/meditate on Psalm and/or devotional verses for the day
7. Personal prayer with Lord, add to Journal as prompted
8. Further scheduled Bible reading and prayer, add to Journal
9. Review Journal entries and pray over each, adding to Journal
10. Join spouse, preparing for day with prayer, synchronize plans

The Lord's Prayer

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 forgive our debtors.

Do not lead us into temptation, but deliver us from the evil one.

For Yours is the Kingdom and the power and the glory forever.

Amen

*Source: Bob Sorge and www.hiskingdom.us