

Creative Ways To Pray

Here are some different ways to be creative in your prayer life and in the midst of trying some of these you might find a lot more time for the God of the Universe that made you!

➤ **Give an Alarm Clock Alleluia**

When your alarm goes off in the morning, open your eyes and repeat this line from the Psalms: "This is the day the Lord has made. Let us rejoice and be glad."

Commit to living in gratitude for the day, and you'll soon notice how much happier your days can become.

➤ **Practice Shower Power**

Water is a powerful spiritual symbol. As you soap and rinse in the shower, pray to be cleansed of any feelings of anger, bitterness, resentment, or regret.

Recall the words of Isaiah (58:11): "The Lord will guide you continually... You shall be like a watered garden, like a spring of water, whose waters never fail."

➤ **Practice Driveway Meditation**

This one is especially for those who commute to work. Turn your time behind the wheel into time for prayer. Before starting the car engine, place your hands lightly on the steering wheel and breathe deeply several times. Ask the Holy Spirit to steer you through your day. Back out of your driveway slowly, and remain aware of the slowness.

As you drive, think about your 'to-be' list. Let words like compassionate, serene and diligent percolate through your mind. Let grace-filled thoughts carry you in a loving manner through the day.

➤ **Climb Stairs**

If you work on an upper floor in a multi-story building, skip the elevator and climb the stairs. Make your climb work for your body and your soul.

Climb thoughtfully, breathing slowly. Use the time alone to experience a connection with God. Pause at each landing. Catch your breath, and focus for a moment on the blessings in your life. Say thanks before continuing your climb.

➤ **Elevator Blessings**

No stairs? Next time you share an elevator with someone, say a silent prayer. Ask God to meet the other person's unique needs. Add a smile of your own.

➤ **Try Prayerful Single-Tasking**

We all feel too busy. It has become a workplace axiom that multi-tasking is a good thing, but a growing **body** of research shows that it actually erodes productivity.

Instead of dividing our concentration among many tasks, do one thing at a time-prayerfully. Offer your work as a prayerful gift to God. Ask for the grace to do it meaningfully, and without anxiety.

➤ **Fast for One Minute**

In times of stress, we are often tempted to reach for foods that aren't **healthy** for us.

Before you reach for the fried foods, sugar or chips- try this. Wait one minute. Offer the minute to God and ask for the grace you need to control your appetite. Chances are you'll no longer be tempted until the minute is up. If you do give in-just remember, God forgives you. Forgive yourself.

➤ **Cook up a Memory**

Next time you cook, pay attention to the memories that are sparked by the dishes you make. Perhaps you have old recipes lying around that you have forgotten about. Bless all those who sweeten your recollections, thanking God for the spiritual nourishment these people have brought to your life.

➤ **Pray a Peanut Butter Minute**

This is a good one for moms of school kids. When making your child's lunch, whisper a prayer as though you are sending the prayer right into your child's meal. You might even tuck in a blessing on a post-it note.

Your daily time with God is a relationship and should always contain an element of spontaneity and variation...When YOU are in the relationship YOU bring a 'uniqueness' only YOU can bring to the Lord...Be yourself and love God for who He is!

Psalm 100:4...Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.

God WANTS and DESIRES our praise in a personal way...Thank Him for who He is and what He has done in your life! If you see Him and BELIEVE that He is ALIVE then this is not hard because you see Him at work in your life in all kinds of ways!

Spend time thanking God for the things in your life that bring you evidence that He is moving in your life...

We should 'meditate' on the Word of God in prayer...maybe you have a favorite verse and you know it by heart...find it in the Bible and read it to God and spend some time thinking about the verse and what God has shown you in it...whatever He has shown you through a verse is a 'personal gift' from Him to you...Do we REALLY see the Word of God that way? Do we see revelation from Him as a personal gift to help you through a moment or a season of heartache or maybe a season of joy that He gives you in the midst of a storm?

God KNOWS what each one of us here tonight needs...We don't need to 'CLUE HIM IN'...He is well aware and when we begin to seek Him in a deep and meaningful way, He reveals to us things that before we could not see....BELIEVE that He is going to reveal to you things you need to know and think about!

Prayer is POWERFUL and can move you to a closer relationship with the Father because you KNOW that He answers or you KNOW that He is listening...there is the POWER...when we are close to Him we sense His power and divine Goodness that overtakes us...it is not make believe...it is REAL and He is waiting to show you just how real...

Challenge God to intervene in your life in a POWERFUL way and He will! Sometimes our intervention from God is small because our asking is small...Ask Him to make a CHANGE in you that will mold you and make you after His way...

These kinds of things are life changing and can make us into the BELIEVERS that God is seeking... He is WAITING....what are we waiting for???

Asking God for forgiveness for sin in our lives is absolutely a pivotal part of this process...once we have had a time of thanksgiving and personal motivation with the Lord, then it is time to prepare our hearts by asking God to forgive sin in our lives...we ALL sin...none of us are exempt and all of us should ask God for forgiveness every day...it does a lot of things, but the main thing that does is

'cleanse us' from the sin. Once we ask and have a true repentant heart, (God KNOWS when we do), we are an 'open vessel' for Him to work with...when we really mean it and ask; God is faithful and just in forgiving our sin...He DESIRES for us to get rid of sin in our lives and be filled with more of Him.

You may WANT 'Mountain Moving Power' in your life....I know I do....somedays a blowdryer not working is a 'Mountain' and I need God to remove it...when we are practicing Prayer in a Powerful way, He will move the 'Mountain'....

We have just barely scratched the surface of prayer and how to approach the Lord, but please remember that God already KNOWS our hearts and minds...we can't fool Him and when our hearts earnestly seek Him, He will fill us...even if we don't know all the points in the lesson or know all the Scripture in the Bible...what God is seeking from us is for us to BELIEVE what we are praying and have a changed life that shows that we BELIEVE and we are willing to make a change....

Now, you may be asking 'how is this a burning issue'???

The reason 'prayer' is a burning issue is because we do not really 'pray' to the Lord and seek Him in a mighty way....we 'expect' Him to move without much input on our part....and we wonder why God isn't more obvious to us....

It is my prayer that this week God speaks to each of you in a mighty way so that you know He is listening and waiting for each of us to come closer to Him through prayer and begin developing a relationship that is life changing for us, for our family, for our community and for our church.