

15 Tips for Building a Strong Prayer Life

By Melkisedeck Leon Shine · July 5, 2023

Christian Reflections to Build your Faith, By Melkisedeck Leon Shine

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Prayer is a powerful tool that connects us to our Creator and allows us to communicate with Him. It is through prayer that we can find solace, guidance, and strength in our daily lives. Just as Jesus set an example for us in His teachings and actions, we too can build a strong prayer life by following His footsteps. Here are 15 tips, inspired by biblical examples, to help you deepen your prayer life and strengthen your relationship with God.

1 Set aside a specific time for prayer, just as Jesus did. In Mark 1:35, it is written, "And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed." Find a quiet place where you can be alone with God and dedicate that time to communion with Him.

2 Pray with a sincere and humble heart, just like the tax collector in Luke 18:13: "But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me, a sinner!'" Approach God with honesty and vulnerability, acknowledging your need for His mercy and grace.

3 Use the Lord's Prayer as a model to guide your own prayers, as Jesus taught His disciples in Matthew 6:9-13. This prayer encompasses praise, submission, and requests for daily provision, forgiveness, and protection.

4 Be persistent in your prayers, just as the persistent widow in Luke 18:1-8. Don't give up easily, but continue to bring your requests before God, trusting in His perfect timing and faithfulness.

5 Pray for others, as encouraged by Paul in Ephesians 6:18: "Praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints." Intercede on behalf of others, lifting up their needs and concerns to God.

6 Cultivate a spirit of gratitude in your prayers. In 1 Thessalonians 5:18, we are reminded to "give thanks in all circumstances; for this is the will of God in Christ Jesus for you." Express your gratitude for God's love, provision, and faithfulness.

7 Be specific in your prayer requests. In Matthew 7:7, Jesus said, "Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you." Present your needs and desires before God, trusting that He hears and answers according to His perfect plan.

8 Pray in faith, believing that God is able to do exceedingly abundantly above all we ask or think (Ephesians 3:20). Approach Him with confidence, knowing that He is a loving and powerful God.

9 Practice silence and listening in prayer. Psalm 46:10 reminds us, "Be still, and know that I am God." Allow God to speak to your heart and guide you as you spend time in His presence.

? Seek forgiveness and repentance in prayer. In Psalm 51:10, David cries out, "Create in me a clean heart, O God, and renew a right spirit within me." Confess your sins and ask God for His forgiveness, trusting in His abundant mercy.

11 Pray with a heart of surrender, echoing Jesus' words in Matthew 26:39: "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will." Submit your will to God's perfect plan and trust Him completely.

12 Read and meditate on God's Word before praying. Hebrews 4:12 reminds us that "the word of God is living and active." Allow Scripture to guide and shape your prayers, anchoring your requests in the truth of God's promises.

13 Pray with a heart of unity, as Jesus prayed for His disciples in John 17:20-23. Seek reconciliation and forgiveness in your relationships, praying for love and unity to prevail among believers.

14 Be persistent in seeking God's will. In James 1:5, we are encouraged to ask for wisdom, "If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him." Seek God's guidance and wisdom in every aspect of your life through prayer.

15 Finally, remember the power of prayer and the privilege it is to approach God's throne. As stated in 1 Thessalonians 5:17, "Pray without ceasing." Let prayer become a constant habit, a lifestyle of communication with your Heavenly Father.

May these tips inspire you to build a strong prayer life that deepens your relationship with God and brings you closer to His heart. May you experience the transformative power of prayer in your life, and may God's blessings and love overflow in abundance as you journey in faith. Amen. ??