



// DAILY TIME WITH GOD IN PRAYER

Often our staff ask, “how do I grow in my prayer life?”

Below is a workable prayer model developed by Rev. Sunder Krishnan (brother in law of Ravi Zacharias). This model is *not a formula* but does provide practical tools to help you engage *daily* in prayer. Apply what you can, remembering that the “key” to an effective prayer is in understanding that we, in Christ, have become “the righteousness of God” (2 Corinthians 5:21).

Those who develop a history with the Lord in prayer change history on earth.

1. / establish a *quiet & alert time* to pray

Choose a productive and meaningful time for you to be alone and pray. Whether it is early in the day, the middle of the day or late at night, establish a quiet, *recurring and alert time* for prayer and devotion to God.

2. // establish a *quiet space* to pray

Find a quiet space. This will be a space that you can build a prayer rhythm by praying there every day (or as often as possible). This could be a room in your dwelling, the corner of your office, a walking trail or a mountain.

Have a *prayer chair*. A *prayer chair* is a space to pray and meet with God. Surround your *prayer chair* with scriptural verses and promises that help draw you into God’s word and presence.

3. /// set aside a *block of time* to pray

After you have chosen a time and space to pray, set aside a block of time to pray. Choose a time that is *long enough to be meaningful* and *short enough to be manageable*.

4. *//// guard your **appointment** with God*

The enemy will oppose your resolve and commitment to prayer. Be prepared to combat the enemy's lies, schemes and attacks by resisting him and drawing close to God (James 4:7-8).

Early mornings and lack of sleep are a challenge if you have chosen to get up early to pray. Try placing your Bible under your alarm clock. When the alarm sounds you are reminded to get up and spend time with the Lord.

5. *///// have some **tracks to run on***

- **clear the deck:** give God your worries/fears in prayer. Whether your mood is good or bad, trust the Holy Spirit to move your heart to please God in faith.
- **thanks and praise:** we enter God's gates and inner courts by thanks and praise (Psalm 100:4). Take time to express your thankfulness to God and begin praising Him for who He is and what He is capable of doing.
- **ask the Holy Spirit to illuminate the Word of God:** read a pre-assigned Bible selection. Journal and mark what strikes you. Respond in prayer to what strikes you.
- **listen for initiating speech from God:** while reading scripture, look for how it:
 - reveals God's nature and purposes
 - leads you to praise or intercession
 - reveals comfort, direction, sin or conflict
 - reveals a promise
 - encourages or commands an action to be obeyed



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