

# How To Create Daily Prayer Habit

## How To Grow Your Spiritual Relationship With Christ

Creating a daily prayer habit may seem daunting, especially for young Christians as they begin their spiritual journey. However, prayer provides a unique opportunity to communicate with God, find inner peace in a chaotic world, and grow closer to Christ. Whether you are new to prayer and wanting to learn what it means to pray or you have been praying for years and would like to develop a consistent prayer habit, this article will provide you with practical ways to develop meaningful daily prayer habits.

## Why Are Daily Prayer Habits So Important For Young Christians?

Daily prayer provides a young Christian a spiritual anchor in a busy, often confusing world. A 2019 Pew Research Center Study found that 55% of young adults who prayed daily reported that it helped them to better manage stress and anxiety. While prayer can be beneficial mentally, it can also lead to spiritual guidance, wisdom, and transformation in your daily life. When you pray daily, you are building a personal relationship with God, which will empower your faith and define your identity as a follower of Christ.

## What Common Obstacles Do Young Christians Face When Trying To Develop A Daily Prayer Habit?

There are several common obstacles that young Christians face when trying to develop a daily prayer habit:

- Time Constraints: Young Christians often struggle with finding the time to commit to a daily prayer habit due to school, work, social life, etc.
- Distractions: Many young Christians struggle with distractions such as phones, notifications, and a busy mind while trying to maintain focus during prayer.
- Uncertainty On How To Pray: Many young Christians fear that they do not know how to pray, and therefore avoid praying altogether, because they fear it will not sound perfect.
- Inconsistent: Due to busy lives, many young Christians struggle with maintaining a consistent daily prayer habit. They start strong for a few days or weeks, but eventually stop due to lack of time, distractions, or uncertainty on how to pray.

Understanding the obstacles that young Christians face is key to developing strategies to overcome those obstacles.

# Practical Ways To Cultivate Daily Prayer Habits

## Start Small And Be Realistic

You don't need to try to pray for an hour each day immediately. Begin by starting small and establishing a 5-minute daily prayer habit. Just like training a new muscle, progress takes time and effort.

Example: Set a timer for five minutes each morning to simply talk to God about your day ahead, or express thanks for something.

## Establish A Routine Of A Consistent Time And Place

Our minds are wired to follow routines. Establishing a consistent time and place for prayer each day will help train your brain to automatically associate that time and location with prayer.

Tips: Choose a quiet, comfortable spot to pray, whether it's your bedroom, a park bench, or a cozy corner at a coffee shop. If you have the space, keep a Bible and/or journal nearby.

## Utilize Prayer Models To Help Guide You

If you are still learning about how to pray, utilizing established prayer frameworks can help guide you through the process. There are many different models, including:

- ACTS Prayer Model: Adoration (Praise) - Confession (Admitting Mistakes) - Thanksgiving (Gratitude) - Supplication (Requests)
- Lord's Prayer As A Template: Utilize phrases from the Lord's Prayer as a guide to formulate your own prayers.
- Journaling Prayer: Writing your prayers down can help you stay focused, and allow you to reflect on your spiritual growth.

## Utilize Scripture During Your Prayer Time

Reading a Bible verse before or during your prayer can help inspire and focus your communication with God. Scripture verses such as Philippians 4:6-7 reminds us to request things with thanksgiving so we can enjoy peace. Find a scripture verse, take time to reflect on the meaning of the verse, and then utilize it as a basis for your prayer.

## Be Flexible And Honest

Some days your prayers may be lengthy and filled with emotion, and other days your prayers may be brief and simple, and that's perfectly fine. God sees through the imperfections of our prayers and values honesty and authenticity above all else. If you feel distracted or unable to pray as you normally would, be honest with God about it. Even Jesus retreated to a solitary place to pray for rest (Luke 5:16).

## **Use Technology Wisely**

Technology can be a great resource for prayer, but be aware that it can also become a distraction. Apps such as YouVersion, or Echo Prayer offer Bible reading plans and reminders to encourage consistent prayer, however, turn off your notifications and utilize technology as a resource and not a distraction.

## **Find A Prayer Partner Or Group**

Building a community of people who are committed to growing in their prayer habits can provide support, accountability, and encouragement. Look for a local church, or join an online Christian community to share your prayers, struggles, and successes.

## **The Benefits of Developing A Daily Prayer Habit**

A daily prayer habit does more than enhance your faith, it can transform your entire life. Many young Christians report experiencing a variety of benefits when they develop a consistent prayer habit, including:

- Greater Peace: Consistently praying allows you to center your mind and calm your emotions, reducing anxiety.
- Clarity/Wisdom: Seeking God's direction consistently, allows you to see His hand in your everyday decisions.
- Resilience: When you consistently pray, you are able to draw upon a deeper reservoir of trust and hope, allowing you to endure difficult circumstances.
- Deeper Relationship: Consistently talking to God, allows you to get to know Him better, and ultimately, to love Him more fully.

## **Recovering From Lapses In Motivation And Prayer**

You will have setbacks, even with the best of intentions. That can occur when you skip a day, a week, or if you experience a stale prayer life. The important thing is to not lose your motivation because of a setback. This is all part of the journey of developing a daily prayer practice.

### **Ways To Rebuild Your Motivation**

There are several things you can do to rebuild your motivation to pray.

Review your “Why” – Remind yourself why prayer is important to you.

Celebrate Small Wins – Every time you pray you are taking steps forward.

Vary Your Routine – Try praying with worship music or a different prayer guide.

Pray For Help – Ask God for His help to develop the discipline to pray consistently. Prayer is an invitation to God to assist you in changing your habits.

## **Recommended Resources For A Successful Prayer Life**

The following are some recommended resources to support your continued growth in prayer.

BibleGateway.Com – An online version of the Bible which has many versions and reading plans.

Youversion.Bible – A Bible app where you can find devotionals, prayer reminders and more.

Echopray.Com – A prayer tracking app which allows you to track your prayers and send reminders for future prayers.

Pray.Com – Offers audio prayers, podcasts and guided meditations.

## **Your Journey Begins Now**

Prayer is as much about learning how to show up and speak to God frequently rather than trying to pray correctly. When you begin by establishing a small prayer practice, establish a routine and being honest in your prayers, you will start to build a consistent daily prayer practice that will enhance both your faith and your life.

Every major spiritual journey begins with just one step. Why not take that first step today? We would enjoy hearing from you in the comment section below with your prayer experiences, challenges or favorite prayer tips to share with the rest of us.