

12 Ways to Pump Up Your Prayers

1. Visualize what you pray for using all of your senses
2. When praying for enemies pray for their health and happiness or God's best for them and pray daily for at least two weeks.
3. Be specific with God, but open to however God may answer.
4. Compound Prayer by praying directly with other people, engaging more people to be united in prayer, or set up a vigil of continuous prayer.
5. Learn to be silent and still.
6. Enact your prayer/use symbols. This involves physically rehearsing, the spiritual reality of what is occurring. For example, writing out a confession to God and burning it as a symbolic way of letting go of a sin.
7. Use Triggers. Triggers are events or objects that can serve as reminders to pray.
8. Always give thanks for answered prayers.
9. Use common task that require little to no thought, like chores, to pray.
10. Follow a prayer model.
11. Have a prayer space. This may be a particular chair you settle into to spend time with God, an outdoor favorite spot or a literal closet.
12. "Pump" prayer when praying for discernment. This involves consciously choosing to cycle between "pushing" and "releasing" or asking and then taking time to listen.

None of these things are magical formula for successful prayers. They are just techniques that when utilized regularly can dramatically enhance our prayer life.

Blessings, Rev. John Arnold, FPC Walnut Ridge, AR,
<http://FPCWalnutRidge.org>