

Five Tools to Improve Your Prayer Life

By G. E. Watkins

Tool #1: Practice

We are commanded to pray (1 Thess. 5:17; Phil. 4:6). If it is something Christians are expected to do, then getting in and doing it is important! A prayer does not have to be long or eloquent to be effective (Neh. 5:19; Matt. 6:7-8; Luke 18:9-14). Maturing in prayer life will find us developing the discipline of prayer so that we turn to God first in our lives when joys or sorrows or anything prevails (Jas. 5:13; 1 Pet. 5:6-7).

Tool #2: Pattern

Studying the prayer life of Jesus or some of the great heroes of faith, such as David, Nehemiah, Daniel, or Paul, helps in understanding the who, what, when, where, why, and how of prayer. Nehemiah was skilled in seamlessly weaving prayers into his daily work, whether facing big or small challenges (Neh. 5:19). He prayed while driving, cooking, working, and so on. Withdraw, reflect, meditate, and worship Him!

Tool #3: Posture

Sometimes the standard posture, "let us bow our heads and close our eyes," can be more of a hindrance than it can be a help. Sometimes when David prayed, he lay prostrate on the ground (2 Sam. 12:15-16). Some stood, some knelt, while others sat (Dan. 6:10; 1 Kings 19:4; Acts 20:6; Neh. 8:4-6). Jesus often looked up towards heaven (Mark 6:41). When praying privately, there is wisdom in considering these other prayer postures.

Tool #4: Planning

Jesus would, in busyness of life, often retreat by Himself and spend time with His Father in prayer (Mark 1:35; 14:35; 5:16; 9:18). Daniel made a habit of praying three times a day to the point that his enemies knew his prayer life was a constant in his life (Dan. 6:10). For someone wanting to improve his/her prayer life: set an alarm on the phone or on the computer, retreat away from the daily grind, and plan to spend scheduled, meaningful time talking to Our Father in heaven.

Tool #5: Program

What do I pray for? I would pray, but I don't know what to say! For folks like these, begin with the question Jesus asked blind Bartimaeus, "What do you want Me to do for you" (Mark 10:51)? What pressing concerns can God address? What weights can God lighten? Bible reading and praying scripture to God is a great program as well.



STERLINGTON
Church of Christ



P.O. Box 82
1095 Highway 2
Sterlington, Louisiana 71280
www.sterlingtoncoc.com

Sunday Morning Bible Classes - 9:30 AM
Sunday Morning Worship - 10:30 AM
Sunday Evening Worship - 5:00 PM
Wednesday Evening Classes - 6:00 PM.

9/7/25

Welcome Visitors

If you are seeking a church home, we hope that you will consider joining with us. We are a growing congregation, dedicated to worshiping in truth and spirit. Please fill out the Visitor's Card and place it in the collection plate!

Those to Serve

Today

Announcements- Wayne Fowler **Opening prayer-** Jerry McDonald
Communion- Rick Cook **Closing Prayer-** Arthur Binford
Sermon- Don DeLukie

Next Sunday

Announcements- Travis Rogers **Opening prayer-** Rick Cook
Communion- Wayne Fowler **Closing Prayer-** Damien Miller
Sermon- Don DeLukie

Announcements

— **Better Conference:** The Sterlington Church is co-sponsoring a conference for helping Preachers and Ministers. September 23, 2005 at 8:30-2 pm. See the flyer in the foyer for more details.

— **Check the bulletin board in the foyer for local events and Gospel Meetings happening in our area.**

— **Question & Answer Series:** Our next Question & Answer Series will be when enough questions are collected. Give your questions to Don.

— **Children's Home Collection:** Our congregation is collecting items for the Children's Home in Paragould, AR. Collection boxes are by the nursery. A list of needed items is in the foyer.



Scan the QR
code to visit
our website.



Please Pray For:

Eli Simmons, Sheila Long, Carol Fletcher, Blayne Atkins, Vee Boren, Kari Johnstone, Sherry Miller, Rhonda Rogers, Ralph Malone, Eli Whipple, Kadee Jo Acosta, Diane Alexander, Rhonda Rogers, Lynn Urban, Samuel Costello.

Bereaved: Family of Lewin Gray, Gracie Aaron, Virginia Chisley.

Needing Long-Term Prayers:

Pam Few, Debbie Walker, Carey Day, Leo & Shirley Goodwin, Tommy Franklin, Arthur Binford, Dan Ross Jr, Dena White, Larry & Joanne Randolph, Bettye Flowers, Dave & Linda Garriss, Sharon White-Ross, Bobby Barker, Cindy Smith, Terrance Dawson, Jamie Ross.



September Birthdays

9 - Carlon Hollis
16 - Tyrese McFarland
17 - Sherry Miller
18 - Wanda Simpson
19 - Linda Herlong
22 - Jodie Chisley
23 - Maddie Magee
27 - Shirley Goodwin

September Anniversaries

5 - Matt and Danielle Scharf
25 - Lyle and Miriam Russell

