

# 10 PRACTICAL SUGGESTIONS FOR PRAYER

BY J.D. GREEAR

*This list is adapted from the conclusion of Just Ask by J.D. Greear, a practical book helping Christians to pray so that it's a delight, not a duty.*

1

## Riff off of the Lord's Model Prayer.

Take each line of Jesus' model prayer, let it saturate your heart, and then riff off of it. Look to the Spirit to help and guide you as you do it.

2

## Use the acrostic ACTS to help you pray.

A – Adoration. C – Confession.  
T – Thanksgiving. S – Supplication.

3

## Use a prayer companion.

I love *The Valley of Vision*, a collection of Puritan prayers; *The Songs of Jesus* by Tim and Kathy Keller, which prays through the Psalms; and the *Five Things to Pray* series.

4

## Set aside two or three brief times a day for prayer rather than one long one.

Aim to pray for five minutes in the morning, for five minutes right after lunch, and for five minutes just before you go to bed.

5

## Take a morning walk and pray out loud.

Praying out loud helps us focus on what we're saying and keeps us concentrating on actually praying. Plus, learning to pray out loud prepares us to pray out loud with others, which is a way to encourage others.

6

## Set reminders on your calendar to pray for specific needs at specific times.

Have an alarm that goes off at the same time each day to remind you to pray for someone or some situation. Prayer apps like EchoPrayer or PrayerMate can help.

7

## Pray in the moment with people.

If another believer shares a concern or problem with you, don't just promise to pray for them (though that's great, obviously). Actually pray for them, right then and there.

8

## Prayer-walk your neighborhood, office, or school.

Walk about naturally, praying silently for people and for places, and for anything else that the Spirit prompts you to lift up to God.

9

## If you have kids, let them hear you pray.

Nothing disciplines someone quite so well as letting them hear you pray.

10

## Enjoy your time with your Father.

Prayer really is our greatest privilege. "Behold what manner of love the Father has bestowed on us, that we should be called the children of God!" (1 John 3:1).