

## Disciplined Prayer Life

1 Timothy 4:7

Just as you will never improve your health if you don't eat more vegetables and exercise, it is unlikely you will grow spiritually unless you pray regularly!

*"There is a discipline involved in Christian growth. The rapidity with which a man grows spiritually and the extent to which he grows, depends upon his discipline."*

There's a reason that activities such as bible reading, prayer, and church attendance are referred to as spiritual **disciplines**. Anything worthwhile in this life requires **self-discipline and commitment!** Below are some ways you can become more disciplined in your prayer life:

- Choose a specific place to pray away from distractions
- Pray out loud sometimes. When we pray out loud, we have to form intelligent sentences. Praying out loud helps one to concentrate more on what you are praying about
- Speak to God frequently throughout your day
- Keep a prayer journal to keep track of what you have prayed about.
- Get up earlier to pray
- Treat your children as an important ministry and pray with them often
- Pray with your spouse every night

*"Godly character is not the result of good intentions, wishful thinking, some mystical "zap," or even sheer Bible knowledge. It's developed through the **self-disciplined** application."*

Luke 10:38-42

Let's be self-disciplined and take responsibility for our own prayer lives! Let's stop making excuses about being "too busy" for spiritual disciplines.