



ATTACH PRAYER TO AN EXISTING ROUTINE

Pray at a time you already pause each day. Prayer becomes a habit when it has a regular place in your routine.

“Evening, morning and noon I cry out in distress, and he hears my voice.”

— Psalm 55:17 NIV

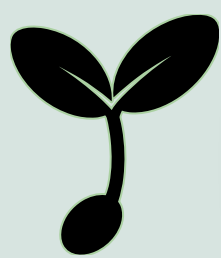


LET SCRIPTURE GUIDE YOUR PRAYERS

Begin with God’s Word and then respond in prayer. Let his promises shape your words.

“Your word is a lamp for my feet, a light on my path.”

— Psalm 119:105 NIV



START SMALL

Even one sentence counts. Begin today, and build your prayer habit over time.

“Your Father knows what you need before you ask him.”

— Matthew 6:8 NIV



TRUST GOD WITH IMPERFECT PRAYER

Even when you don’t know what to say, pray and trust that God listens. Faith rests in his promises, not your words.

“We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.”

— Romans 8:26 NIV



PRAY FOR OTHERS

Pray for one person each day. Small, focused prayers help you build a habit.

“I urge . . . petitions, prayers, intercession and thanksgiving be made for all people.”

— 1 Timothy 2:1 NIV

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MAKING PRAYER A DAILY HABIT



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