

18. **Pray thematically.** Use the theme from a single verse to guide your prayers: “I am the light of the world” (John 8:12). Pray that Jesus would infuse the lives of those you love with His light; ask for His light to illumine a confusing situation you are wrestling with; imagine the light of His presence bathing a dark place in the world.
19. **Step into a scene of Scripture.** Experience through your senses the actual sights, sounds, and smells of the setting of a Gospel story. Imagine yourself in the story face to face with Jesus. Let Him touch the leper in you, heal your blindness, call you back to life like Lazarus.
20. **Draw pictures in the margins of your Bible or in a notebook as you pray.** If you are a visual person, this is a powerful way to process prayer and let it do its deep work.
21. **Listen. Listen. Listen.** God speaks in many ways: through pictures, dreams, impressions, words of Scripture, circumstances, other people.

## 21 Ways to Refresh Your Prayer Life

1. Sing a Psalm. Many of the psalms were originally composed on David’s lute—make up your own melody and sing or hum the words.
2. Take a prayer walk—around a lake, in a park, or through the neighborhood. Imagine Jesus walking beside you like a friend. Feel free to share your heart. He will listen.
3. Use a picture calendar for a devotional focal point. You might enjoy ocean scenes or gardens or mountainscapes. Imagine yourself in the scene; commune with God there.
4. Kneel as you pray. It will increase your humility and attitude of reverence and worship.
5. Dance to the Lord as David did (2 Samuel 6:14). Make up your own steps while listening to praise music. Clap your hands or lift them up as you sway to the music. Release your *whole body* to be an instrument of worship!



*Imagine Jesus walking beside you like a friend. Feel free to share your heart. He will listen.*

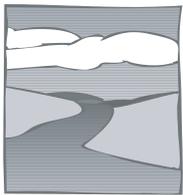


Info Line: 612-861-3222  
www.prayerventures.com

6. **Pray while lying down outstretched on the floor.**
7. **Be completely silent.** Silence is restful and it allows us to rest in God's love. Empty your mind of preoccupations and let God fill you up with Himself.
8. **Rest your hands on your lap, palms up ready to receive what God has to give in prayer.**
9. **Light a candle.** Focus on the flame. Let its quiet beauty still your mind. Draw close to God and He will draw close to you.
10. **Personalize Scripture.** For example, hear God speak these words personally to you: "I will exult over *you*, (insert your name), with joy, I will be quiet in my love, I will rejoice over *you* with shouts of joy" (Zephaniah 3:17). Drink the words in deeply. Or you could pray this for a friend: "Lord, exult over Jane with joy, be quiet in your love, rejoice over her with shouts of joy!" Imagine your friend drinking these words in deeply.
11. **Type out a verse of Scripture and tape it to the steering wheel of your car.** When your eyes glance down at it while waiting at a red light, ponder it and let God speak to you through those words. Let God's Word nourish your spirit.



12. **Use the outdoors to inspire your prayers.** For example, as you drive down the highway, gaze at the sky and recall this verse, "For great is your love, higher than the heavens; your faithfulness reaches to the skies" (Psalm 108:4). Thank God for His vast, immeasurable faithfulness to you.



13. **Pray while engaging in a relaxing activity:** pushing your preschooler in the backyard on a swing or jogging or gardening. This will slow your praying down to a more leisurely pace.
14. **Journal as you pray.** If a particular Scripture verse seems to strike a chord in your heart and it seems that God is speaking those words directly to you, He probably is. Jot the verse down, reflect on it, let it unfold in your thinking over weeks, even months. Little by little, the full intent of what God is saying will be revealed.
15. **Use concrete objects to focus your prayers.** For example, if you need to give God a burden or heartache, hold a small wooden cross in your hand and let the pain literally be transferred from you to Jesus. Jesus invites us to do this: "Cast your cares upon me," He says, "because I care for you" (1 Peter 5:7). If you need to let someone go in your life, hold a miniature basket in your hand and imagine putting that person in the basket as Moses' mother put her son in a basket and let him go, trusting him to God.
16. **Use life-size objects, too.** For example, if God is calling you to take a step of faith, think of your ottoman in the living room as an altar; place your shoes on the ottoman to signify your willingness to be fully yielded to where He is asking you to go.
17. **Organize your prayer life by focusing on different subjects every day of the week.** You could pray for family members on Monday, your church on Tuesday, missionaries on Thursday, etc. Be sure to reserve Wednesday just for praise, no petitions. Nothing overcomes a mid-week slump like a surge of worship and praise!



*Jesus invites us to do this: "Cast your cares upon me," He says, "because I care for you" (1 Peter 5:7).*

