

Making Prayer a Habit

Scripture Reading — Colossians 4:2-6

Devote yourselves to prayer, being watchful and thankful. — Colossians 4:2

Most of us realize that prayer is important, but we often struggle to make it a priority. Busy work schedules, the distractions of technology, and the demands of daily life can make it difficult to set aside time for prayer. How can we be more successful in devoting ourselves to prayer?

Some people find that praying at set times in the day is helpful. I read about someone who set an alarm on her watch several times a day to remind herself to pray. She was surprised to find that after doing this for a while she no longer needed the alarm to remind her. What began as a regimented routine soon became a cherished habit.

Many people find it helpful to read prayers that others have written. Did you know that the book of Psalms is sometimes called “the prayer book of God’s people”? For many of us, reading the Psalms or other prayers recorded in the Bible has energized our devotional life.

Then there is the value of praying with others. Gathering with other believers for prayer and fellowship is a great way to build one another up and grow closer together in the Lord.

God is pleased with every effort we make to devote ourselves to prayer. The creator of the universe wants to spend time with us, and he loves to hear from us. That thought alone can inspire us to make prayer a greater priority!

Prayer

Lord, help me to be devoted to prayer. Help me to connect with you in whatever way I can. Use me to help others grow in prayer as well. In Jesus, Amen.

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Printed on October 24, 2021

