

Breakout Session

REparing Your Personal Prayer Life

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Repair Defined

- an instance or result of [repairing](#)
- the act or process of repairing
- the act or process of putting back in good condition
- Similar words are REbuilding, REpairing and REstoring.

Courtesy of
<https://www.merriam-webster.com/dictionary/repair>

Agenda

- Learn the basics of personal prayer
- Normalizing prayer for YOU
- Identifying areas in your prayer life that may need to be repaired or strengthened
- Get scriptural strategies for deepening your personal prayer life



Learn the basics of personal prayer

- When the story of our own Christian commitment is written, if we have been faithful and effective disciples (Followers of Jesus Christ), the important fact is that faithfulness will be traced to a life of prayer.
- The first duty of a Follower of Jesus Christ is the least talked about, but the most important one of all -- to be with Jesus. Prayer is a way of being with Jesus Christ. Personal prayer is a means of drawing near to God. A lack of prayer can be described as “a wilderness state,” that is, spiritual dryness and purposelessness.
- Jesus had times and places for prayer. Prayer for him was specific, intentional, and a part of who he was. As a Follower of Jesus Christ, I submit we must have times and places for prayer.



Normalizing prayer for YOU

Mark 1:35 (NIV) - Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Set aside at least fifteen minutes each morning for a quiet time. The quiet time is an appointment to begin the day with Jesus Christ, the center of your life.



Normalizing prayer for YOU

I suggest to develop a consistent quiet time:

- **Make a personal quiet time the first priority of your day.** Select a time to spend with God that fits your schedule. The morning hours are usually preferable, but you may want to set aside your quiet time with the Lord at some other time of the day.
 - **Make preparation the night before.** Set the alarm earlier to allow the time you will denote to your quiet time. If it is difficult for you to wake up in the morning, you may plan to exercise, bathe, or dress before beginning your quiet time. Select a place where you can be alone the entire time without interruption. The night before, gather needed materials - Bible, notebook, prayer list, and a pen or pencil.
 - **Developing a balanced plan of Bible reading and prayer.** The quiet time helps you practice and develop spiritual discipline of prayer.
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Identifying areas in your prayer life that may need to be REpaired or strengthened

While the best way to assess where you may need to rebuild, repair, restore your discipline of prayer is asking the Holy Spirit. However, I will pose three questions that will give you clues on where to begin.

I will ask you three questions; you will respond in the chat with the word that most nearly represents you. The words are: Always; Usually; Sometimes, Seldom, and Never.

- **Q1. I keep a prayer list and pray for the persons and concerns on my list.** In the chat type the word that most nearly represents you - Always; Usually; Sometimes, Seldom, and Never.
- **Q2. I have experienced a specific answer to prayer during the past month.** In the chat type the word that most nearly represents you - Always; Usually; Sometimes, Seldom, and Never.
- **Q3. Each day my prayers include praise, thanksgiving, confession, petition, intercession.** In the chat type the word that most nearly represents you - Always; Usually; Sometimes, Seldom, and Never.

Beginning with the question (s) that you answered Sometimes, Seldom, and Never.

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Scriptural strategies for deepening your personal prayer life

Sometimes it's the simplest things that make the biggest difference. This simple tool has helped me pray the Bible more than any other single strategy. I've used it in my devotional times and have employed it often in leading others in prayer.

1. Rejoice - 2. Repent - 3. Request

With every verse in the Bible we can do one (or more likely, all three) of these things. We can rejoice and thank God for his character and blessings. We can repent of our mistakes and sins. We can request new mercies and help.

Scriptural strategies for deepening your personal prayer life

Right now I just flipped opened my Bible and landed at [Psalm 104](#). Verse 1 says “Bless the Lord, O my soul! O Lord my God, you are very great! You are clothed with splendor and majesty.” How might you pray through this verse? Well, at first blush you might see nothing more to do than praise God. “Dear Lord, you are very great. You are clothed with splendor and majesty. Amen.” But try that again with the 3 R’s.

- **Rejoice** – O Lord, you have richly blessed me more than I deserve. What a privilege that I can call you my God. Thank you for making me a little lower than the angels and crowing me with glory and honor too.
- **Repent** – Forgive me for being blind to your splendor and majesty. Though you are very great, my circumstances and disappointments often feel greater. I’m sorry for being so ungrateful and taking your blessings for granted.
- **Request** – Give me eyes to see as you are. Tune my heart to sing your praise. Help me see your glory in the world you’ve created, in the people around me, and in the face of Christ.

Obviously, some verses lend themselves to prayer more easily than others. The Psalms are particularly prayer-worthy. But with the simple strategy of Rejoice, Repent, Request there shouldn’t be a verse in the Bible that can’t be used as a prompt to pray.
