

# Integrating Prayer Into Your Day

Prayer isn't only that time you spend kneeling by your bed, hands folded, eyes closed, formally asking God to forgive your sins and to bless everyone you know. Prayer isn't only that time you spend in church, hands folded, head bowed, eyes closed, listening to the pastor's list of things the congregation would like God to do. And prayer isn't only hands folded, head bowed, sneaking a peak at your sister at the dinner table while you all rotely repeat a prayer you learned when you were four.

Prayer is your conversation with God. It happens continuously throughout your day. It's not formal. It's not formulated. It's not scripted. It's just talk.

Your hour-to-hour existence provides many opportunities for prayer. Jesus suggests in Matthew 6: "But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret will reward you." He says it is better to pray in private than to make a big show with your prayers. You don't need to literally go into your room, but you can go into your own head. No one in the world needs to know if or when you are talking to God. That's personal and private.

So here are 5 ways you can make prayer an important part of your day-to-day life.

1. When you wake up, pray [The Lord's Prayer](#) before your feet hit the floor. Think about each line. Focus your day the way Jesus suggested in Matthew 6 and Luke 11. Pay special attention to the beginning: "...hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven..."

2. Each time you eat, even if it's just a little snack, thank God for providing you with food today. You don't need to fold your hands, bow your head, or even close your eyes. Just silently say "thank you God for giving me this food."
3. When events happen, give God praise or ask for His blessings. The sound of a siren could prompt you to silently say "God - bless all those involved with whatever this emergency is that the outcome may bring you glory." Or a Facebook post may make you smile and you respond with a silent "Praise God for that writer!" If a post makes you sad, ask God to give everyone involved His peace that passes all human understanding.
4. When you are struggling, ask for help. "God I need patience right now. Please help me" or "Jesus, I'm a little anxious right now. Guide me through this."
5. At the end of your day, either on your knees or just as you lay down to sleep, thank God for His blessings of the day and ask Him to forgive your shortcomings today. Maybe even pray the Lord's Prayer again as you drift off to sleep.

Think of prayer as an on-going conversation and not just the formal act of folding hands, bowing heads, and closing eyes. Those acts have their own merit, their own time and place. And feel free to use them often.

But don't limit your prayer time. If you're looking to integrate prayer into your daily existence, make your whole day a conversation with your best friend Jesus!