

# PRAYER AND STUDY

*"I have been driven many times to my knees by the overwhelming conviction that I had nowhere else to go. My own wisdom, and that of all about me, seemed insufficient for the day." Abraham Lincoln*

Prayer and study are critical parts of the Christian life. Yet, the challenge of our faith is to pray and study daily....

- Colossians 4:2
- I Timothy 4: 7-8

What changes would you make, in a perfect world, based on these passages you've just studied?

Can you find a 5-30 minute time period for daily study and/or prayer?  
Among the possible tools to make this happen include:

PRAYER (see <http://christian-playbook.wikidot.com/> for more)

- The ACTS model
- The "day of the week" model
- In the car while driving (just don't bow your head and close your eyes!!!) 😊
- Kneel every night before going to bed
- Before getting out of bed in the morning
- Note card to carry in purse/pocket with prayer concerns
- Insert "prayer" as a daily task on calendar or other planning tool

STUDY (see <http://christian-playbook.wikidot.com/> for more)

- Materials such as These Days, Upper Room, Alive Now
- Insert "Christian study" as a daily task on calendar or other planning tool

*When you don't know where else to turn, turn to God. A University of Florida study found prayer to be the top strategy of older Americans for managing stress, improving health, and feeling better. Fortunately, it's not necessary to be "older," and you don't even have to be in distress, to communicate with God. Just talk – anytime, anywhere, any way you choose. (4/20/03 Stress Busters calendar)*