

30 Seconds of Prayer

By Erin Davis Gibbons



How often do you pray? You may think prayer is too time consuming, but it doesn't have to be. Build in thirty-second prayer times throughout your day and see what happens.

For

Young Adult

Season

Spring

Needed

None

Activity Plan

1. How much of your day do you spend in prayer? Five minutes? Twenty minutes? An hour? Many people struggle to find time to spend with God, but it doesn't have to be a struggle. For one day, try making prayer a part of your regular routine.
2. Throughout your day, incorporate 30-second prayers into your routine. Here are some ideas to get you started:
 - Hitting the snooze? Say a quick prayer of thanks for another day.
 - At the computer? Pray for God to remind you of good posture.
 - Driving somewhere? Pray for safe travel.
 - Road rage? Pray for God to help you remain calm and drive smart.
 - Long meeting at work? Pray for God to help keep you alert and interested.
 - Lunch? Give thanks for your food.
 - Deadline? Pray for God to help you focus long enough to meet it.
 - Argument with a coworker? Pray for God to help you resolve it reasonably and swiftly.
 - Time with a friend? Pray for God to bless your time together.
 - Annoyed? Pray for God to help change the situation or change your attitude.
3. At the end of the day, reflect on how these 30-second prayers made a difference in your day. Did they help you remain more focused or help keep your emotions under control? How might your life be changed if you incorporated prayer into each part of your day on a regular basis?
4. At bedtime, give thanks to God for listening to your words throughout the day and always.



by [Daniela Vladimirova](#)

