

# Prayer Improvement

By Lee Yates



Take some time to think about your prayers and then, of course, pray about it. Maybe you can do some renovating of your prayer life.

## For

Young Adult

## Season

Spring

## Needed

Paper, pen



by [Andrew Mason](#)

## Activity Plan

1. Draw three columns on a sheet of paper. Title them: Times/Places; People; Topics.
2. In the first column, list all the times and places you have prayed over the past month. Include regular times like, "before dinner" or "in worship." Include any specific prayer experiences that stand out in your memory.
3. In the second column, list the people you have talked with God about in your prayers during the past month. Include yourself. This may include groups of people or nations.
4. In the third column, list the different issues or concerns you have prayed about during the past month. This may include health issues, emotional concerns, or social justice issues.
5. Go back and rate each item with a number between 1 and 10 to indicate the item's frequency, with 1 meaning "rarely" and 10 meaning "regularly." For example, if you prayed before dinner about four times a week, mark it with a 6. If you prayed one time for a person you heard about on the news, mark it with a 1.
6. Look over your list again and think about which people or topics get the most attention in your prayers and which get the least. Reflect on what might be missing from your list. Here are some questions to consider:
  - Do I pray more about situations where I can make a difference or those beyond my control?
  - Do I pray more about myself or about other people?
  - How much of my prayer time is spent reflecting on my personal growing edges or weaknesses?
  - How much of my prayer time is spent expressing gratitude to God or praising God's goodness?
  - How comfortable am I praying about doubts or questions?
  - How comfortable am I with silence as part of my prayer time?
  - What do I worry about or feel strongly about, but do not pray about? Why is that?
  - How formal or casual is my language with and for God?
7. Take some time in prayer to talk to God about your reflection.
8. On your page, circle any items you want to give more attention to in your prayers. Write any new items at the bottom of the lists. Keep the page somewhere handy for reference in the future.

