



⇒ **Keep a prayer basket.** This is not a new idea, but one that bears repeating. *Fill a basket with a Bible, a journal, note*



*cards, pen, tissues, candle and devotional.* Keep the basket in your favorite prayer spot and it will be available to you whenever you come to prayer

time. Seeing it will remind you that you need to take time to pray.

⇒ **Remove all distractions before coming to prayer.** *Turn off the television and put your phone in another room.*

Rather than using the Bible app on your phone, how about *using a paper Bible* so you won't be interrupted by text messages or phone calls.



Remember, when you go to prayer, you may think you are inviting God to be present. But in reality, this is God's invitation to you to spend time with Him!!



*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. Philippians 4:6*

