



Resetting Our Prayer Life

Making Prayer a Habit

Habits lie at the centre of discipleship. Many of our sins are the result of bad habits that we are yet to break. In the most practical sense, discipleship is about forming new habits that help us to prioritise God and grow in Christlikeness. John Ortberg writes: 'habits eat willpower for breakfast.' What he means is that no matter how much we want to change, we will not change unless we begin to break old habits and form new ones. No matter how much we want to be a person of prayer, we won't become one unless prayer becomes habitual.

As part of the 'Reset' series, let's make forming new prayer habits a collective priority. If you're anything like me, your natural tendency will be to set a huge goal (like praying an hour a day) and then failing and stalling. Rather than falling into this trap, this week, let's together commit to habitual, committed, regular prayer time, even if it begins with 10 minutes per day. I have included a model that I personally find to be immensely helpful to give us some structure and help us to form some new habits.

God bless.

-Matt Gray

'ACTS' Prayer

ACTS is a model that I use when I need to go back to basics in my prayer life. It is just a guiding structure, not a set of hard and fast rules, so you can use it as strictly or as loosely as you find personally helpful.

A - Adoration. Spend some time in praise for God. This looks differently for different people, but you may like to speak out praise as it comes to you, read through a psalm of praise (e.g. Ps 145), sing a worship song, or silently reflect on the goodness of God.

C - Confession. Confession is a beautiful gift from God. When we regularly confess our sins to God we experience his grace and forgiveness, we feel lighter as we release the weight of our shame, we realise the brokenness that God still needs to heal, we admit the sinfulness in our hearts that still needs to be shaped in the image of Christ.

T - Thanksgiving. Take time to reflect on and acknowledge what you are thankful for. As you start to verbalise your thanks to God you will think of more things to be thankful for and it becomes easier to spend a few minutes in thanksgiving.

S - Supplication. The final stage is to make your requests known to God. This is where we pray for what we want to see him do in our life and the lives of those around us. This is where we pray for our family and friends, our neighbours, our church, our city and our world.

