**Prayer Part 2**

***The purpose of today is to help us ground our prayer life in consistency so that we will build depth.***

**We will always find time to do the things that are truly important to us.**

***But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you*. Matthew 6:6**

***And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.* Mark 1:35**

**Removing ourselves from distractions seems to be an important ingredient to effective and grounded prayers.**

**When our prayer lives remain unintentional or uncultivated, they can be merely based on the prevailing emotion of the moment.**

***6 Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, 7 casting all your anxieties on him, because he cares for you.* 1 Peter 5:6-7**

**A lot of what we call prayer is probably better characterized as “worrying in God’s direction.”**

***31 Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. 33 But seek first the kingdom of God and his righteousness, and all these things will be added to you***. **Matthew 6:31-33**

**Concentrate on God and let him handle the details of your life.**

*Homework- This week I will remove myself from all distractions and concentrate on God during the following times.*

Monday: From \_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_ AM/PM

Tuesday: From \_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_ AM/PM

Wednesday: From \_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_ AM/PM

Thursday: From \_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_ AM/PM

Friday: From \_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_ AM/PM

Saturday: From \_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_ AM/PM

Sunday: From \_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_ AM/PM