

## Good and Bad Habits - Prayer

### Discussion questions

How/when do you communicate most effectively with God?

What are some of the benefits of forming good prayer habits?

Can you think of some bad habits that you or others might have when it comes to prayer?

What gets in the way of you forming good prayer habits?

What strategies have you used to form good prayer habits?

- ☐ Set a daily alarm to remind you to stop and pray. As you develop this habit, increase the number of alarms per day.
- ☐ Carry a small stone in your pocket. Whenever you touch the stone, take time to pray.
- ☐ Place post-it notes around your home, car, office etc. Write Scripture verses, prayer points or thoughts on them that remind you to pray.
- ☐ Create a prayer calendar.
- ☐ Join or organise a regular prayer meeting.
- ☐ Pray with your family each morning.
- ☐ Pray with a friend when they share a need or something they are excited about or grateful for
- ☐ Make a plan for your prayer time.
- ☐ Write down your prayer points to stay focussed.
- ☐ Keep a prayer journal.
- ☐ Use the Prayer Room or another prayer resource.
- ☐ Schedule time with God - start with 5-10 minutes.
- ☐ Incorporate prayer throughout your day.
- ☐ Pray through Scripture or music.

How could you encourage and support someone else to form good prayer habits?