



Prayer Tools for a Busy Life

In 2018, God assigned "PRAY" to me as my word for the year. I was terrified. Prayer has always been a weak spot in my spiritual life, and I was afraid that I'd fail to change and learn. Happily, God sent simple tools my way that set me up for success. As you try these, I hope you'll find the same joy and growth that I did.

Online Tools:

- First 5:** I begin every week day with Bible study through Proverbs 31 Ministries' First 5 app. A friend and I have a group within the app where we respond individually. I end my daily post with a written prayer based on the chapter taught that day.
- Amy Hale's Instagram:** I use a pre-prayer tool that Amy Hale first shared on her Instagram feed. Now I use this tool every day, but I also love following Amy and learning new tools from her. You can access a PDF of her pre-prayer tool here:
<https://amycarroll.org/wp-content/uploads/pre-prayer-tool.pdf>

Automated Tools:

- Mission India's Prayer Prompts:** I adore getting daily prayer prompts in my email box from Mission India, a ministry that I love. Each day it arrives at 8:00 am, and I pause a few minutes to pray for the request there. If you'd like to receive these prompts, visit
<https://missionindia.org/prayer-guide/>



Prayer Tools for a Busy Life

-Kelly O'Dell Stanley's Prayer Calendar: As a subscriber, I receive a link each month to Kelly's newest prayer calendar. Each day has a prompt that helps me to "pray upsidedown" as she says. To receive this charming tool, visit <https://kellyostanley.com/>

On-the-Go Tools:

-**Reminders on your phone:** I've set reminders on my phone each day to pray during the day for different people and needs. For example, on Monday mornings, I have a reminder to pray for a team I'm on for Proverbs 31. When the notification pops up, I stop and pray, so I never need to worry about forgetting.

-**Pray in place:** My friend Luann Prater modeled this for me. Instead of saying, "I'll be praying for you," I stop right then and pray for people over the phone or in person. People are so touched, and it's a powerful way to usher God into our relationships.

Prayer Books:

-**The Bible:** As I've run across prayers of God's people in Scripture, I've paused to study them. How did they approach God? What were their requests? How did God respond? Powerful lessons in THE book!

-*Praying the Scriptures for Your Adult Children* by Jodie Berndt: If you have adult sons and daughters, you know this is a lovely but challenging stage of parenting. I'm learning to use my words to pray for my sons instead of telling them what to do. :)