



## A GUIDE TO PRAYER

What internal circumstances distract you from prayer? (*Ex: lies you believe about prayer, not feeling eloquent enough*)

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What truth do you need to remember instead?

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What external circumstances distract you from prayer? (*Ex: phone, mess*)

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How can you minimize the distractions? (*Example: Get up before kids, keep phone in another room, tidy the night before*)

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For a specific timeframe, can you commit to daily time with the Lord?

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How has the Lord been faithful in the past? What does that mean for your future?

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OUT OF YOUR BOOK :

INTO YOUR LIFE :

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A PART OF GOD'S PLAN : *Ask God for the words to say as you speak with Him and ears to listen.*

T H E F I N I S H I N G S C H O O L

