

# How To Enjoy Devotions

## I. Nine-Minute Devotional Plan

Here is a simple pattern for daily prayer in a 9 minutes.

1. Ponder His Word - Think about His word & works (3 Minutes)
  - a. Read and think about some Scripture (Where? Anywhere)
  - b. Meditate on his word, work, worth. (Think deeply!)
  - c. Journal your thoughts to God (Write him a letter)
2. Praise His Worth - it is action, it is done, not thought (3 Minutes)
  - a. Sing to the Lord - Sing & Rejoice in the Lord
  - b. Exalt His name - tell of his excellent greatness
  - c. Give Thanks - List it. Say it. Tell it. Share it.
3. Petition His Will - Get to it, let words be few (3 Minutes)
  - a. Confess your faults, sins, temptations, weaknesses.
  - b. Tell God your troubles, worries, fears, frustrations, temptations.
  - c. Ask specific things of God, believe God for excellent answers.

## III. Helpful Hints For Enjoying Prayer

- ◇ Practice Quiet – Be Still - quiet time (closet, close the door)
- ◇ 3-Minute Timer – don't stall or get distracted. Keep focused
- ◇ Journal – your thoughts as a prayer - Dear Lord today...
- ◇ Meditate – on creation, his works, his cross, psalms, a verse
- ◇ Plan – have a plan. *Failure to plan is a plan to fail.*
- ◇ Schedule – schedule God! Is he in your daily planner?
- ◇ Prayer Days – (once a month: 2 hrs to a day - a God soaking)
- ◇ Prayer Retreats – (weekend with God, or a night and a day)

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