

Week 1: Create a Daily Prayer Rhythm

Most of us want to pray. We just don't know how to make it consistent. Life gets full, and prayer becomes something we think about more than something we actually do.

So this week is about something simple and important: **building a rhythm**.

- Choose a regular time.
- Choose a regular place.
- And show up.

Not perfectly. Just consistently. Because over time, it's not intensity that shapes your life with God. It's consistency.

Here are a few simple questions to help you get started:

When will I pray?

First thing in the morning? After a workout? At night? On your lunch break? When the kids are down? A lot of people prefer mornings, but that's not a rule. The goal is to give God your best time of day, when you're most awake and present.

Where will I pray?

It really helps to choose a consistent place. A chair in your living room, a corner of your bedroom, a park nearby, even your car. Over time, that space starts to matter. Not because God hears you better there, but because you begin to show up more fully.

How should I pray?

What posture helps you focus?

Sitting, walking, kneeling, standing, lying down. Quiet or out loud.

Sometimes even slowing your breathing or removing distractions can help. The goal is to get your body working with your desire to be with God, not against it.

How long should I pray?

There's no perfect answer.

A simple way to think about it is this: stay long enough to become aware of God's presence. That might take a little longer than you expect. If your life is full or complicated, start where you are. Take the next step from there. At the same time, if we never have space for prayer, it's probably worth asking what's filling our lives. We're not trying to add more religious activity. We're learning to slow down and simplify our lives around what we actually want most... God.