

WAYS TO ADD PRAYER TO YOUR DAILY ROUTINE



Hey Sis,

As we journey through life, it is important to have a lifestyle of prayer. Prayer is an essential part of our lives as it helps us to connect with God, find peace, and make sense of the world around us. It also allows us to express our gratitude, seek forgiveness, and ask for guidance. However, with our busy schedules as wives, mothers, entrepreneurs, friends, etc it can be challenging sometimes to keep prayer a priority.

Here are five ways to add prayer into your daily routine:

START YOUR DAY WITH PRAYER

Before you get out of bed, take a moment to thank God for the gift of life and ask for guidance for the day ahead. You can also read a devotional or inspirational quote to set the tone for your day.

PRAY WHILE DOING CHORES:

As you go about your daily routine, turn your chores into a time of prayer. You can pray for your family, friends, or even for those who are less fortunate.

PRAY BEFORE MEALS:

Before you eat, take a moment to express your gratitude for the food and ask for blessings for those who prepared it.

CREATE A SPACE SPECIFICALLY FOR PRAYER

Designate a sacred space for personal prayer. Some people create prayer closets or it could be a cozy corner in your home or even a favorite spot in a nearby park. Having a dedicated space where you can retreat for moments of prayer and reflection provides a consistent, tranquil environment.

PRAY BEFORE BED:

As you wind down for the day, take a moment to reflect on your day and ask for forgiveness for any wrongs you may have done. You can also pray for your loved ones and ask for protection and guidance for the night ahead.

I hope these tips help you to make prayer a priority in your busy life. Remember, prayer is not just about asking for things, but also about building a relationship with God. So, take the time to connect with Him and see the positive impact it has on your life.

Your Coach

Ashanti