

Introducing iPray 7 Habits for Effective Prayer

Compiled by iPray

iPray is a social media platform that helps one to pray, connect, & love more meaningfully. Visit <https://www.ipray.me/>

Habit #1 for effective prayer is to set aside daily time for prayer.

Do you agree?

Don't have this habit nailed? What time of day can you best commit some time to pray? How long do you want to try to pray for? Create a prayer in iPray and set the daily reminder timer accordingly. Remember quality is more important than quantity.

Action: Block your calendar for your daily prayer time!

Extra thoughts for this Friday. Take a moment today to pause and praise God for how amazing it is we have the choice and opportunity to pray!

BTW (by the way) while organization, habits, and discipline is important, we bet you agree with us that we don't want to worship our process and good habits more than the God whom we are seeking! Also, it goes without saying, that we really want our end goal to not just pray once a day but to have relationship with God all day long!

Look to the LORD and his strength; seek his face always.

1 Chronicles 16:11 (NIV)

iPray App User Tip

Pray through your prayers you created in My Prayers in the iPray App. Your prayers are presented according to the reminder you gave them. Be sure to click the "Pray" button as you pray (this resets the prayer reminder but also gives you a sense of accomplishment well deserved!). Checkout your prayer log on each prayer and be encouraged by your faithful prayer!

Habit #2 for effective prayer is to check your spirit.

Is there really anything more important to our spiritual health than daily prayer?

Actually yes! ... Prayer also needs to be done with the right spirit!

iPray Habit #2 for Effective Prayer is probably the most important of the 7 habits. We call it the "Spirit Check" habit. I doubt I need to say much more. You already know what we are talking about.

To commit to daily prayer and use these times of prayer to be demanding with God, to think of only ourselves, or to approach God as our life shopping assistant is obviously a set-up for ineffective prayer.

If you are exploring or follow the Christian faith, we recommend the Lord's Prayer (see below), where Christ taught us how to pray. We recommend this prayer as your constant "Spirit Check". We recommend to humbly and thoughtfully begin all your prayer time with the Lord's Prayer.

Tip Matthew6.net is a non-profit organization that has some great resources to help you deepen this specific habit.

"Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins, as we also have forgiven those who have sinned against us. And lead us not into temptation, but deliver us from evil. For yours is the kingdom, the power, and the glory forever and ever. Amen." Jesus Christ

Matthew 6:9-13

iPray App User Tip

Create a prayer in iPray that represents the daily "spirit check" you want to be the foundation for all your prayers. You might copy and paste the Lord's Prayer above into an iPray prayer you create. Add some exclamation marks "!!!!" or #SPIRITCHECK to the title of the prayer so it stands out in your list of iPray prayers. Set the prayer reminder for this prayer to be early in the morning so it refreshes first in your list of prayers and stands out!

The iPray Habit 3 of 7 is to pray with specificity!

Here is a good example: Say you have school age children and you are concerned or happy with the quality of teachers they have. Praying or praising with specificity would be to create specific prayers for each of your children's teachers, administrators, or education programs that have activated your concern or praise.

Action: What social groups are you a part of? Who do you hang out with? Where do your passions, pain, or love intersect? Who and what could you pray for in your spheres of connection and influence? Create some specific prayers or praises of gratitude in iPray.

Praying with specificity often leads us to take action and be part of the answer of our own prayers. Pray faithfully over these specific prayers. In a year or so look back and you will be able to see how God has worked with you in creating a little "world peace".

Are you keeping up? Quick review of our 7 habits for effective prayers: Pray with specificity (#3), keep your praying spirit in check (#2), and keep praying daily (#1) and just watch how God will reveal himself to you with just these three habits!

Please stick with us though. The next four habits are very important. We think you will agree.

“Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God. Indeed, the very hairs of your head are all numbered.” Luke 12:6 (NIV)

“How many are your works, oh Lord! In wisdom you made them all; the earth is full of your creatures. There is the sea, vast and spacious, teeming with creatures beyond number— living things both large and small.” Psalms 104:24-25 (NIV)

iPray App User Tip

Pick one area of specificity in your life where you can contribute to “world peace”. Pray and let God lead you to create 5 – 10 prayers of specificity for your cause or concern. Remember to keep your “spirit check” prayer handy as you create prayers of concern!

The iPray Habit 4 of 7 is to be a little vulnerable with your prayers.

iPray Habit 4 of 7 for Effective Prayer is to be a little vulnerable with your prayers with a few people you trust. iPray makes it easy to privately share prayers with friends you trust.

Friends we can trust are usually those who will exchange vulnerability with us.

Be careful sharing with friends who are not willing to be equally humble and vulnerable.

In iPray, your individual prayers you create are not public, cannot be found on public searches, and cannot be shared beyond the people you explicitly share your prayers with*. When you invite someone to pray for you, you have more than doubled your prayer efforts.

When two people pray together we believe God leads them to find new solutions and see new victories that neither would have ever realized alone. Also, when we are a little vulnerable with individuals who are equally humble, we greatly deepen our relationships. We feel the strongest relationships are those that get through life's battles together on honest, equally humble, and God honoring terms.

“For where two or three gather in my name, there am I [God / Jesus] with them.” Matthew 18:20 (NIV)

iPray App User Tip

Look through your prayers and try to share at least 1 in 5 with a few individuals you trust. You might give them a heads up that they will be receiving your prayer request. You may need to show them how to log-in to iPray and show them the prayer bubble iPray created for you when you shared your prayer with them. Be sure to remind them to click the pray button on your prayer in their iPray. This will notify you when they pray.

Encourage your friends to also create and share their prayer requests with you! Can you guess what the next habit for effective prayer is?

The iPray Habit 5 of 7 is to help others to be vulnerable.

iPray Habit 5 of 7 for Effective Prayer is to help others be vulnerable and to share prayers with you.

Does "selling" anything, to include suggestions, make you squeamish? Sound hard?

With iPray we make encouraging and sharing prayer easy!

When you encounter someone who could benefit from prayer, write a prayer on their behalf in your iPray. Simply click the tag button on the prayer to inform someone you have created a prayer on their behalf.

The iPray Tagging function will give you several options for contacting your friend! All the tagged person has to do to accept your prayer is to click the accept button in their iPray. iPray will then remind you to pray for your friend as if they had written the prayer and shared it with you.

When you are reminded to pray by iPray, be sure to click the pray button. Each time you do this the tagged person will be notified and encouraged that you have prayed for them

"God is not unjust; he will not forget your work and the love you have shown him as you have helped his people and continue to help them." Hebrews 6:10 (NIV)

iPray User Tip!

Who are two people you know who could use prayer? Do you know someone going through cancer treatment? Do you know someone who has an important life decision to make? Do you know someone going through a big life change? See if you can identify at least two individuals you can create a prayer for, tag them, and then faithfully pray for them!

The iPray Habit 6 of 7 is to create and share prayers of gratitude.

iPray Habit 6 of 7 for effective prayer is to create and share prayers of gratitude. Gratitude is usually not our first instinct. However, imagine if we could ultimately create and share prayers of praise and gratitude as much as we create prayers for our challenges and needs?

In iPray check out the little two way arrow next to the pray button in each prayer. Select this arrow to change a prayer from pray to praise. How many prayers of praise will you create today? How many prayers of praise and gratitude can you share? Just as you can create prayers for others (iPray Tagging) you can create praises for others!

"Sing to the Lord, all the earth; proclaim his salvation day after day. Declare his glory among the nations, his marvelous deeds among all peoples. For great is the Lord and most worthy of praise; he is to be feared above all gods. For all the gods of the nations are idols, but the Lord made the

heavens. Splendor and majesty are before him; strength and joy are in his dwelling place. Ascribe to the Lord, all you families of nations, ascribe to the Lord glory and strength. Ascribe to the Lord the glory due his name; bring an offering and come before him. Worship the Lord in the splendor of his[a] holiness. Tremble before him, all the earth! The world is firmly established; it cannot be moved. Let the heavens rejoice, let the earth be glad; let them say among the nations, "The Lord reigns!" 1 Chronicles 16:23-31 (NIV)

iPray User Tip!

This tip is a tall order! Can you work to create as many prayers of praise and gratitude today as you have created for challenges you and others face? Try to share and tag prayers of gratitude for others as much as you create prayers for needs.

The iPray Habit 7 of 7 is praying without ceasing, is the finish line.

Remember how iPray habit 1 of 7 for effective prayer was to set aside a daily time to pray? Habit #1 is the starting line for our prayer fitness.

The last iPray Habit for Effective Prayer, Habit #7 - Praying Without Ceasing, is the finish line. Struggling to just pray daily? See tip below on fasting.

Praying without ceasing is the pinnacle lifestyle goal for our spiritual and prayer fitness. Praying without ceasing is living with the constant realization and comfort of God's amazing love for us and among us. As the day brings rain or sunshine, praying without ceasing represents our desire to constantly express our faith and gratitude to God for His love, goodness, and sovereignty.

Imagine a life habit that can remove all loneliness and stress. Regardless of what life throws at us, can you imagine an everlasting sense of peace, confidence, and gratitude as we dwell in constant relationship with God's love, grace, and wisdom? In a way does this sound like heaven on earth?

iPray can help. Now that you should have in your iPray a nice handful of prayers, people to pray for, and praises to celebrate, how spread out are your prayer reminders throughout the day? Open iPray and any prayer bubble. Find the three "Settings" dots ... next to each prayer. Update your prayers by clicking those dots and set the reminders to occur at different times of day. Some users have created a distinct morning, lunch, afternoon, and evening prayers to help them remember to "pray without ceasing".

Still struggling to faithfully pray? We recommend fasting. Fasting does not have to be with food. Do you need to fast from Facebook? TV? Give up something to get something and try not to do it alone. Is there someone who will agree to join you in daily or weekly prayer at a regular time? You can do this! Never give up! God will help you just keep seeking Him!

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. 1 Thessalonians 5:16-18 (ESV)

Then Jesus told his disciples a parable to show them that they should always pray and not give up. Luke 18:1 (NIV)

So we fasted and petitioned our God about this, and he answered our prayer. Ezra 8:23 (NIV)

iPray User Tip!

We are going to ask you to give up some digital donuts - a digital "fast"! How? Go into your phone settings "Notifications", and turn-off Facebook and your other social media notifications for at least a week. Leave on iPray notifications! Every time you have an urge to check Facebook or Instagram or your other social media open iPray instead and pray!

Prayerfully yours!

Giancarlo and the iPray Team