

## Reset – 20 Ways to a Consistent Prayer Life\*

<b>Desire</b>	Jesus is motivating you with a strong desire to pray.
<b>Decide</b>	You've decided to devote 20 minutes a day for the next X period of time to prayer.
<b>Reach</b>	Refuse to allow any past failure to derail you. Get back in there and reach forward.
<b>Fight</b>	Eliminate every distraction to prayer. This is serious!
<b>Place</b>	Withdraw to the same place every day for prayer.
<b>Clock</b>	Keep to the time of day when you're at your best.
<b>Repent</b>	Repent as needed.
<b>Cleanse</b>	Be washed with Christ's blood and enter with confidence into your Father's arms.
<b>Thanks</b>	Make thanksgiving and praise your opener.
<b>Pray/Read</b>	Pray the Scriptures as you read them.
<b>Psalms</b>	Find vocabulary for prayer in the Psalms.
<b>Listen</b>	Yes, talk – but even better, listen.
<b>Journal</b>	Record and review everything noteworthy that comes to mind.
<b>Obey</b>	Resolve to obey every word He speaks through Scripture.
<b>Love</b>	Tell Him, over and over, that you're doing it all for love.
<b>Fast</b>	Fast occasionally.
<b>List</b>	Use a prayer request list for a year to see if it helps you.
<b>Routine</b>	Arrange the elements of your prayer routine into a set order and follow that format daily.
<b>Endure</b>	Always keep sowing into the secret place even when not inspired, knowing you'll eventually reap a harvest.
<b>Grow</b>	Receive grace to keep growing in prayer all your days. There's more!

\*Source: **Bob Sorge, Reset: 20 Ways to a Consistent Prayer Life.**  
Grandview, MO: Oasis House, 2018.

## Daily Prayer Routine

1. First thing in the morning after grooming and exercise
2. Gather materials, go to secret place
3. Reflect/repent/cover with sprinkled Blood of Jesus
4. Enter in with gratitude and thanksgiving
5. Open Prayer Journal, review Routine, pray the Lord's Prayer
6. Read/meditate on Psalm and/or devotional verses for the day
7. Personal prayer with Lord, add to Journal as prompted
8. Further scheduled Bible reading and prayer, add to Journal
9. Review Journal entries and pray over each, adding to Journal
10. Join spouse, preparing for day with prayer, synchronize plans

## The Lord's Prayer

*Our Father in heaven, hallowed be Your Name.  
Your Kingdom come,  
Your will be done on earth as it is in heaven.  
Give us this day our daily bread,  
And forgive us our debts, as we forgive our debtors.  
Do not lead us into temptation, but deliver us from the evil one.  
For Yours is the Kingdom and the power and the glory forever.  
Amen*

## Other Devotional Resources:

- Samuel Bagster, Daily Light on the Daily Path.** Originally published in 1875, many versions available, e.g., Whitaker House, 1999.
- Bob Sorge, Secrets of the Secret Place: Keys to Igniting Your Personal Time with God.** Grandview, MO: Oasis House, 2001.

**Dr. Bill Morehouse Prayer Handout at CCHF 2020 Conference**  
"Having 20/20 Vision in 2020: Understanding Our Core Mission"