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**Four Tips to Improve Your Prayer Life**

1. Schedule Prayer time

Put your times of prayer in your day planner or Google calendar. Once you have scheduled a time of prayer, treat it like you would a meeting with a good friend. If someone asks you if you are free to hang out with them or if something else comes up, just say, “sorry, I have an important meeting at that time.”

1. Get a Friend

99% of us are weak-willed. There is that odd person who can will themselves into a consistent prayer routine. Most of us need support from others. So find yourself a friend who has a similar desire for prayer and schedule a regular time to pray them.

*Or*, schedule regular times of check-in with them to process how you are each doing in your respective prayer lives. If you are finding it difficult to pray, do some troubleshooting. Were you tired? Bored? Did you fill your prayer time(s) with something (or someone) else? Were you distracted? With your friend, try to discover the reason you were unable to pray. Brainstorm how you might overcome that difficulty and then, try again.

1. Learn to pray with your eyes open

Seriously. Many Christians, when they were kids, were taught that the proper way to pray is with your eyes closed and your hands folded. Many 20, 30 and even 60 year-olds still pray the same way. Praying with your eyes open enables you to pray anywhere at any time.

1. Get a good view of God

One of the greatest hindrances to prayer is our past failures, our previous failed attempts to pray. Deep down, many of us think God is upset and requiring some sort of penance before he can listen to us again. The story of the *Prodigal Son* (which should really be known as the story of the *Tenderhearted Father*) should give us some hints to how God feels every time we return to Him in prayer.