

Chapter 1 - Some advice from more mature Christians

1. Much praying is not done because _____.

2. Adopt practical ways to _____.
 - **What are some options for addressing mental drift?**
 - Pray _____
 - Pray _____
 - Pray _____
 - The _____ template
 - **Journaling** -
 - Forces you to _____
 - Fosters _____
 - Ensures _____

3. At various periods in your life, develop, if possible, _____.

4. Choose _____ - but choose them well.

5. Develop a _____.

6. Mingle _____, _____, and _____; but when you _____, try to _____.

- Two extremes:

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- **What do Christian preachers and teachers mean when they encourage us to “meditate prayerfully on the Word of God?”**

7. If you are in any form of Spiritual leadership, _____.

- John 11:41-42

8. Pray until _____.

- **What do you think this might mean?**

What are some practical ways in which you will commit yourself to improve your prayer life in the next few months?