

# Building a Daily Prayer Habit

---

October 6, 8:00pm CST

Presented by Edmund Mitchell

LumiBox Co-Founder, Director of Evangelization and Catechesis

## Why Pray Daily?

- **John 15:4** “Abide in me, and I in you.”
- Prayer doesn’t help our relationship with God.
- Prayer \_\_\_\_\_ our relationship with God.

## How to Start a Habit

- *The Power of Habit* by Charles Duhigg
- Toothpaste habits change a nation
- Jerry Seinfeld “Don’t break the chain”

### *The Habit Loop*



## How to Pray for the Rest of Your Life

- Honesty and Consistency
- When to pray? (Morning is ideal)
- Acknowledge, Relate, Receive, Respond
- Journal, Scripture, Catechism

## More Resources

- God Help Me: How to Pray by Jim Beckman
- Get a Pocket Catechism at [www.lumibox.co](http://www.lumibox.co)
- Get a 30 Day Devotional at [www.lumibox.co](http://www.lumibox.co)
- Put your money where your mouth is at [www.promiseorpay.com](http://www.promiseorpay.com)

## **MY PLAN TO START PRAYING DAILY**

My small goal:

The place I will pray:

The time I will pray:

Who will hold me accountable:

### My Daily Prayer Habit Loop

Anchor:

Trigger:

Habit:

Reward:

### Checklist for Tomorrow

- Set up permanent prayer space
- Gather journal, pen, and Bible for prayer space
- Tell someone I trust about my commitment
- Go to bed with the intention to pray first thing in the morning