



**THE
CURE
FOR**

PRAYERLESSNESS

**HOW TO HAVE BOUNDLESS
ENERGY AND DESIRE TO PRAY**

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CHAPTER FOUR

CREATE A HABIT OF PRAYER

The first thing we will talk about in curing prayerlessness is to create a prayer habit.

When you wake up in the morning, what are the habits you know to do?

You know you must brush your teeth, take your bath and take your breakfast.

These things are ingrained in your mind.

You never miss them or perhaps you hardly miss them.

When it is 5am, what does your mind tell you to do?

In my case, immediately it is 3am, I know I must study the word of God till 5am then I enter into prayer till 7am.

It has become a habit.

A daily habit as such.

It is fixed in my mind just like bathing and brushing.

Funny enough, even when I do not feel like praying, I get up and go to my prayer room.

After relaxing there for a while, I just start praying automatically.

That is what you must also do to cure the prayerlessness in your life.

You must make prayer a habit that your mind recognises.

Even Jesus had habits as seen here:

Luk 4:16 And he came to Nazareth, where he had been brought up: and, as his custom was, he went into the synagogue on the sabbath day, and stood up for to read.

Luke 4:16

Jesus had a custom of going to church. That was his habit and it helped him greatly.

Is it not a big surprise that many believers cannot pin point one

habit that they have developed over their lifetime on earth?

Today, decide to develop the prayer habit.

Say "I have decided to have a prayer habit".

David had a habit of morning prayer.

Every morning he knew to pray. It was like clockwork, early in the morning his mind told him it was time to pray.

Psa 5:3 My voice shalt thou hear in the morning, O LORD; in the morning will I direct my prayer unto thee, and will look up.

Psalm 5:3

David prayed every morning because he had developed that morning prayer habit.

Daniel had a prayer habit

Another person that had a prayer habit was Daniel. His habit even became known to his enemies.

He was consistent in prayer, praying at certain times every day.

This is what led him to be cast into the den of lions. A law was arranged against his habit of prayer:

Dan 6:10 Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime.

Dan 6:11 Then these men assembled, and found Daniel praying and making supplication before his God.

Dan 6:12 Then they came near, and spake before the king concerning the king's decree; Hast thou not signed a decree, that every man that shall ask a petition of any God or man within thirty days, save of thee, O king, shall be cast into the den of lions? The king answered and said, The thing is true, according to the law of the Medes and Persians, which altereth not.

Dan 6:13 Then answered they and said before the king, That Daniel, which is of the children of the captivity of Judah, regardeth not thee, O king, nor the decree that thou hast signed, but maketh his petition three times a day.

Dan 6:14 Then the king, when he heard these words, was sore displeased with himself, and set his heart on Daniel to deliver him: and he laboured till the going down of the sun to deliver him.

Dan 6:15 Then these men assembled unto the king, and said unto the king, Know, O king, that the law of the Medes and Persians is, That no decree nor statute which the king establisheth may be changed.

Dan 6:16 Then the king commanded, and they brought Daniel, and cast him into the den of lions. Now the king spake and said unto Daniel, Thy God whom thou servest continually, he will deliver thee.

Dan 6:17 And a stone was brought, and laid upon the mouth of the den; and the king sealed it with his own signet, and with the signet of his lords; that the purpose might not be changed concerning Daniel.

Dan 6:18 Then the king went to his palace, and passed the night fasting: neither were instruments of musick brought before him: and his sleep went from him.

Dan 6:19 Then the king arose very early in the morning, and went in haste unto the den of lions.

Dan 6:20 And when he came to the den, he cried with a lamentable voice unto Daniel: and the king spake and said to Daniel, O Daniel, servant of the living God, is thy God, whom thou servest continually, able to deliver thee from the lions?

Dan 6:21 Then said Daniel unto the king, O king, live for ever.

Dan 6:22 My God hath sent his angel, and hath shut the lions' mouths, that they have not hurt me: forasmuch as before him innocency was found in me; and also before thee, O king, have I done no hurt.

Dan 6:23 Then was the king exceeding glad for him, and commanded that they should take Daniel up out of the den. So Daniel was taken up out of the den, and no manner of hurt was found upon him, because he believed in his God.

Dan 6:24 And the king commanded, and they brought those men which had accused Daniel, and they cast them into the den of lions, them, their children, and their wives; and the lions had the

mastery of them, and brake all their bones in pieces or ever they came at the bottom of the den.

Dan 6:25 Then king Darius wrote unto all people, nations, and languages, that dwell in all the earth; Peace be multiplied unto you.

Dan 6:26 I make a decree, That in every dominion of my kingdom men tremble and fear before the God of Daniel: for he is the living God, and stedfast for ever, and his kingdom that which shall not be destroyed, and his dominion shall be even unto the end.

Dan 6:27 He delivereth and rescueth, and he worketh signs and wonders in heaven and in earth, who hath delivered Daniel from the power of the lions.

Dan 6:28 So this Daniel prospered in the reign of Darius, and in the reign of Cyrus the Persian.

Daniel 6:10-28

Daniel had a fixed habit of praying three times daily.

Nothing was going to change that habit, not even the threat of

death.

Glory to God.

I decree over your life the strength to develop a prayer habit also in Jesus name.

The prayer habit of Jesus

Jesus had a habit of prayer. He will normally wake up very early in the morning to pray before he begins his daily activities.

Mar 1:35 And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.

Mark 1:35

An important key about the prayer life of Jesus was that in his time of prayer, he avoided human distractions.

Let us learn how to also develop a prayer habit for ourselves.

Developing the prayer habit

To develop a prayer habit for yourself, decide how many times

you will pray daily.

You may decide to pray once, twice or thrice a day.

Decide the time you want to pray so that anytime it is that time, your mind will alert you to pray.

Decide the duration of your prayer session. Some may pray for ten minutes, others for thirty minutes, yet still others may decide to pray for several hours.

You can set a daily alarm to remind you of your prayer times and stick to it for a few weeks. Soon, you will not need an alarm, your body and mind will get used to your prayer habit.

Make these three decisions today and begin a consistent prayer habit. Do not postpone it.

Make the three decisions before you move on to the next chapter on curing prayerlessness.

Procrastination is a thief of time and destinies. Do not postpone your destiny.

Start your prayer habit today by writing your three decisions.

Do not be bothered if you start small. You will grow into a more intense prayer life as you continue in prayer.

I started my prayer habit with a few minutes. Soon, I realised that only my thanksgiving and praise sessions had occupied the minutes my total prayer time used to take.

I have a powerful [course](#) on how to overcome prayerlessness.

It is a three-day course with a 21-day extension that has details of what to do every day to cure prayerlessness in your life.

It includes prayer topics to pray each day and how to make your prayer life organised and exciting.

You can read more about the course [here](#).

Start today, start small, you will grow in your prayer life. In Jesus name.