

How to Improve Your Prayers

This worksheet will help you examine the content and quality of your communication with God.

CONTENT

Do you find yourself saying the same things from one prayer to the next?

If so, try the following:

Write down three things for which you are thankful.

1. _____
2. _____
3. _____

“Thanking Jehovah makes me love him more because it forces my mind to focus on all the good things he’s done for me. And that makes me more appreciative.”—Jeanette.

Now write down three things that distress you.

1. _____
2. _____
3. _____

“The more I poured my heart out to Jehovah, the more I felt relief from the despair I was experiencing, and the more I viewed him as a true friend.”—Kiara.

Name three people you know of who are facing difficult circumstances.

1. _____
2. _____
3. _____

“It’s good to pray for fellow believers in distant lands who are going through struggles or perhaps for someone nearby who is having a hard time.”—Shelby.

You have just identified nine topics that you can include in your prayers!

Tip: *“It helps to make a list of things to pray about and then to consult that list before praying. In time, the topics will broaden and it will become easier to talk to Jehovah about whatever is on your mind.”—Ciara.*



QUALITY

Which one of the following aspects of prayer is most challenging for you?

DEPTH

(See Hebrews 5:7.)

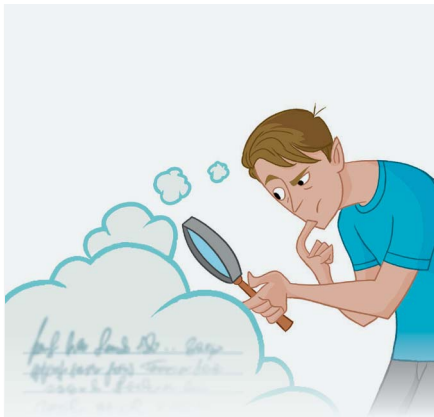
FREQUENCY

(See 1 Thessalonians 5:17.)

LENGTH

(See 1 Samuel 1:12.)

What goal could you set with regard to your prayers?



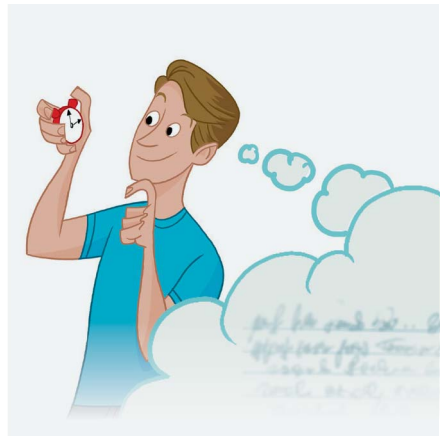
*"Sometimes I feel as if my prayers are just 'small talk.' I have to make a concerted effort to tell Jehovah how I really feel."
—Lauren.*

My goal: _____



*"We somehow find time to text and to talk on the phone with friends. But the most meaningful 'conversation' we can have is with Jehovah. That should take priority."
—Alana.*

My goal: _____



*"It's good to linger in prayer because the more we do so, the more we will express what is in our heart."
—Teresa.*

My goal: _____

TIPS

Be spontaneous

“The other day I looked up at the pretty sky, and it fascinated me,” says a teenager named Maria. “So I thanked Jehovah right then and there for how beautiful his creation is.”



Find quiet surroundings

“Sometimes I sit outside and just pray to Jehovah,” says a teenager named Kimberly. “Seeing his creation right before my eyes makes me feel closer to him, as if he’s right there while I’m praying to him.”

Quiet places where I could pray:

Read prayers in the Bible

“Reading the Psalms is wonderful,” says a young woman named Helena. “It helps me to see how others have expressed themselves to Jehovah and makes me want to say things as freely as they did.”

Prayers in the Bible that inspire me:

