

5 STRATEGIES FOR MAKING TIME FOR PRAYER EVERY DAY

By Carol D'Annunzio (Simple Catholic Living)

You know that prayer is important but you are busy! We all are, and it is just so easy to let our relationship with the Lord fall by the wayside. I know that for me, when my plate is full, the first thing to go by the wayside is prayer. This is unfortunate, however, because there is no relationship more important than our relationship with God.

NO MORE EXCUSES!

Over time, I started incorporating these five simple strategies that have helped me tremendously in making time for prayer every day, and I know that if you put them into practice they will help you too! So, let's get started:

1. Pray as a family.

It is not always easy (or particularly satisfying) when praying with small children or teens. However, there are benefits to praying with them. First of all, when you consistently pray with your children, you have a better chance of instilling in *them* the habit of regular prayer. Secondly, praying with your children opens up many opportunities for praying during the day. For example, you can pray with them during morning prayers, evening prayers, prayers before bed, prayers before and after meals, prayers before and/or after school, or prayers before and after they participate in sports or other activities. See where I am going with this? With a little imagination you can come up with countless opportunities or ideas for praying as a family.

2. Make a recurring prayer appointment.

You make doctor appointments, nail appointments, business appointments, and all sorts of other appointments. Why not make a prayer appointment? Come up with an appointment time that works for you, whether that's daily, weekly, or even monthly, and add it to your calendar. Then, when the time comes, actually "show up" for your appointment and dedicate that time to the Lord. I recommend you start out short, no more than 10-15 minutes. The most important thing is that you are consistent, and that you make the appointment *absolutely non-negotiable!*

3. Pray in the car.

There are lots of ways to do this. You can pray the rosary, listen to the bible, or listen to inspirational or musical CDs (a great way to pray with the family). However, have you ever considered the possibility just sitting quietly in the car? Instead of immediately turning on the radio as soon as you get in the car, or while you are waiting, take a couple of minutes to pray. If

you work outside the home, you can spend a couple of minutes before leaving the car when you arrive to work (or before you drive off) to pray quietly. For another idea, how about you take a minute or two to pray after you drop your children off at their latest activity or before picking them up? Or, if you get the occasional chance to go to the grocery store alone (oh, the luxury!), you can pray on the way to the store, and/or on the way home. After a while, you may discover other snippets of time to pray in the car.

4. Use “sticky” notes.

A little unusual, but this is my favorite! What you need to do is take small sticky notes and write out one short prayer and/or aspiration on note. Then, take the notes and post them all around your house. Then, every time you open the cabinet (or whatever) you will see the note and hopefully you will pray the prayer listed on it. For instance, I have them on the back of my kitchen counters, closet doors, and I even put them in my dresser drawers. (Don't forget to switch the notes up a bit every few weeks so you don't become “blind” to seeing the same notes in the same place over and over again.

5. Head to the bathroom!

Yes, you read right. ☺ Let's face it, if you are busy or have young children underfoot, sometimes (if you are lucky!) the bathroom is the only place you have a moment of peace. Take advantage of those moments to lift up a prayer of thanks or petition, or to just breathe. I absolutely take advantage of that time in the bathroom, not necessarily while doing my “business,” but I try to pray while brushing my teeth or taking the shower etc.

BONUS:

6. Go Digital.

There are a couple of ways to do this. First, set an alarm (on your watch, cell phone, etc) as a reminder to stop for a few seconds or so to lift up a prayer. I have my smart phone alarm set for 12pm and 6pm to remind me to pray the Angelus every day. Second, Download an app. There are tons of free apps available for Apple or Android devices to help you pray.

A WORD OF CAUTION:

Go slowly.

Don't immediately start trying to implement all six suggestions at once, especially if you haven't taken time for prayer in while, or in a very busy season of life right now. Take one suggestion and start using it right away, as it becomes a regular, more natural part of your routine, add a second strategy, then repeat the process. Taking one suggestion at a time will help lessen your chance for overwhelm, and make the process of adding prayer into your life more doable. After all, the goal here is to make prayer a habit, not to have you crash and burn because you've added one more task to your "to-do" list!

About Carol



Like many of us, Carol is a jack of all trades: wife, homeschooling mother, homemaker, and most importantly, a child of God. She is featured on [Peanut Butter and Grace](#), a contributor to [The Catholic Bloggers Network](#), and blogs at [Simple Catholic Living](#) where you will find encouragement and resources for living out your womanly Christian vocation.

Let's Connect!

I'd love to hear from you. If you have any questions or comments, please feel free to contact me at [carol @ simplecatholicliving . com](mailto:carol@simplecatholicliving.com).

Where to find me on social media:

Don't forget to friend / follow me on the following social media sites. I will do my best to follow you back as soon as possible!

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