

## Tips for using the RESTORED Notebook

- **Remember, your quiet time is about having quality time with God. It is not about how many steps you complete.** This notebook may be too much for you all at once. And that is perfectly fine! Use the steps as you feel led and don't feel bound to complete every step every day. I'm the author, and I don't even do that! It's about a relationship, not about completing the steps. You can't rush prayer.
- **Take small steps!** God doesn't work in the ways that we expect and certainly not in the timing we would prefer. Because prayer is transformational, you must move slowly. Let God have time to do his work. Relax and rely on God to help you through your difficulties. Spending time with Him should be your main focus. The steps or ideas in this prayer book might help you, but don't let your completion of them be your focus. Let time with God be your focus.
- **Let go of unrealistic expectations in your prayer life.** Don't set your goals too high. Your ability to make it through all the steps in this prayer method doesn't matter in the long run. If your expectations keep you feeling defeated or discouraged, you should consider the fact that you might be setting them too high. If you feel constantly defeated or discouraged, you should consider removing all expectations from your prayer life. Remember, it is a relationship that God wants, not a set of items you have checked off your list.
- **Think of this notebook as a book of ideas rather than a rigid system to follow.** God doesn't go by a list. He moves in ways we do not understand or expect. Prayer can look different from person to person. Individually, prayer can differ from day to day. Use this notebook for ideas, but allow freedom in your prayer life for God to do His work. Don't be too rigidly attached to the method.
- **Be very careful not allow negative self-talk.** God does not think negatively about you, and you should be careful not to berate yourself in any way. Refuse negative self-talk! This is the enemy's way of keeping you from a more intimate relationship with God, and Satan especially does not want you spending time in prayer! If you are thinking negative things about yourself, you are going to feel discouraged and possibly feel that God would not want to spend time with you. This is a lie from the enemy. Don't let him win!
- **Remember, God will equip you!** 2 Peter 1:3 tells us that God has given us everything you need for living a godly life. He calls you to prayer. He will provide everything you need for life, and that includes your prayer life, too! You don't have to depend on yourself or your performance or abilities. God is going to meet you right where you are with exactly what you need!

## To Make Your Prayer Time More Efficient

- **Double up!** If you are quoting a Scripture for one of your steps, you can also choose that Scripture for your memory verse. This way, you complete two steps at a time. For example, I might be praying a Scripture for my daughter. I'll be praying this same one for several weeks, so why not also have it be my memory verse for those weeks?
- **Intensify your focus to one or only a few verses at a time.** Instead of praying a different Scripture every day, why not choose one Scripture and pray it for a full week? This might seem like cutting corners, but actually, it is allowing God's word to be prayed back consistently. Repetition is very, very good! As we pray a Scripture for ourselves or others on a repeated basis, we are giving God's truths time to work. We are repeating His words which brings more power to our prayers. We are implanting His word in our minds and asking that it be evident in another person's life. This is efficient and powerful as well!
- **Pray on a rotating basis.** This one is a life saver when you have lots of prayers to pray! You can manage long prayer lists by praying daily for immediate family and urgent needs and then rotating through everything else weekly. A suggestion is to consider praying a daily Scripture that is for everyone on your list. In this way, even when you don't focus on someone or some situation specifically, you are still covering them by God's Word daily!

Here is an example of a weekly prayer schedule. Remember that everyone's schedule will look different. There is no one right way of praying! Adapt this to your own needs.

Here is one example:

Daily - immediate family and urgent needs

Monday - extended relatives

Tuesday - friends, small group members

Wednesday - church ministries and church family

Thursday - jobs/personal ministries

Friday - marriage

Saturday - our country, foreign missions, missionary friends

Sunday - Sunday services/other as God leads

His divine power has given us everything we need for a godly life through our knowledge of Him who called us by his own glory and goodness.

Peter 1:3, NIV

