

Once you've found the right place and gotten your material together, get comfortable. Do whatever feels natural to you. If you like to sit, then sit. If you feel more comfortable walking, then do that. If you'd prefer to kneel, that's great. Or you can change around according to your mood or to how God is speaking to you. Most of the time I sit, but when I get really excited, I walk! The main idea is for you to be ready to meet with God.

Once you've settled in, prepare yourself mentally, emotionally, and spiritually by focusing on God. Some people go into prayer time as if they were stepping up to a negotiation table, but that's not how we should approach God. Begin by declaring your intention to obey whatever He asks you to do. Getting your heart right first prepares you for everything that follows. Start by asking God to help you spend the time with Him profitably, and then allow Him to speak to you.

It's at this time that you will begin your devotion time with prayer, worship, or Scripture reading, depending on which one is best for you. No matter which you do first, be sure not to do all the talking. Leave plenty of quiet times where God can talk to you. Remember, your agenda is to get where God is and hear what He has to say to you.

## 2. Waiting Time

Isaiah 40:31 has a wonderful promise for those who wait upon God. It says, "Yet those who wait for the LORD / Will gain new strength; / They will mount up with wings like eagles, / They will run and not get tired, / They will walk and not become weary" (NASB). God honors those who wait on Him. Most people spend way too much time in prayer talking and not enough listening. They talk so much that they miss out on the best part of a personal prayer time.

Overall, I try to spend about 20 percent of my time talking and 80 percent of my time listening. That waiting time is not a period where I'm just zoning out. I wait actively. The word *wait* in the