

# Episode 3

Stronger  
Women  
Podcast  
*Resources*



## MAKE TIME FOR PRAYER TIME

Host, Kacie Oller

Guest, Kit Mullins

### MAKING SPACE FOR GOD

**Genesis 1:26-28**

**Exodus 25:1-9**

### DEVOTED TO PRAYER

**Psalms 119:164-168** - Praise God seven times a day

**Acts 2:42** - Devoted to the apostles' teaching, to fellowship, to breaking of bread, and to prayer

**Romans 12:12** - Rejoice in hope, be patient in tribulation, be constant in prayer.

**Colossians 4:12** - ... struggling on in prayers on your behalf that you may stand mature, fully assured in the will of God.

**Hebrews 5:7** - Jesus offered up prayers and supplications, with loud cries and tears, to Him who was able to save Him from death, and He was heard because of His reverence.

**Luke 11:1** - Pray in a certain place

**Matthew 6:6** - Pray in your closet

**1 Timothy 5:5** - Pray night and day

**Hebrews 10:24** - Encourage one another

**1 Timothy 4:7** - Discipline yourself for godliness

**Matthew 6:33** - Seek God's Kingdom First

**Mark 12:30** - Love the Lord with all your heart, soul, mind, and strength



# Episode 3

Stronger  
Women  
Podcast  
*Resources*



## MAKE TIME FOR PRAYER TIME

### IDEAS FOR SEVEN PRAYER ALARM THEMES

- 7:00** - Glory to God. Gratitude.
- 9:00** - Spouse, children, and other Immediate Family
- 12:00** - Extended Family and Friends
- 3:00** - The weak, the weary, and the sick
- 6:00** - The church, locally and globally
- 9:00** - Our community, our nation, all nations
- 11:00** - Self examination. Gratitude

### 3 TIPS FOR MAKING TIME FOR PRAYER TIME

1. **Be Consistent** - Be disciplined. Train yourself in godliness, for godliness brings great gain in this life and in the life to come.
2. **Be Creative** - Be creative in the way you use your prayer time. Say your prayers out loud. Write your prayers in a journal. Pray Scripture as your own prayers. Sing worship songs as your prayers. Set your own alarms and create your own themes.
3. **Be Communal** - Invite others to join you in praying regularly. Surround yourself with a community of faith that prays consistently.



# Episode 3

## Stronger Women Podcast *Resources*



### MAKE TIME FOR PRAYER TIME

#### SUMMARY

- **Purpose** - Remember the purpose is to make space (and time) for God in your daily life. **James 4:8** - "Draw near to God and He will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded."
- **Place** - Create a "certain place" that you can go to as a habit. Train yourself to hunger to be in God's presence.
  - **Luke 11:1** - Pray in a certain place
  - **Matthew 6:6** - Pray in your closet
- **Posture** - Stop what you are doing to pray so God doesn't have to share your space with something you are multi-tasking. Sit, kneel, bow low. Don't be afraid to let your posture be a physical reminder of Who you are talking to.
- **Presence - Praise, Petition, and Penitence**
  - Praise God for His goodness, grace, and mercy.
  - Petition God for your needs and intercede for the needs of others.
  - Examine yourself with a penitent heart, remembering that God knows we struggle with the lust of the eyes, the lust of the flesh, and the pride of life. Confess your sins and remember that the blood of Christ cleanses us from all sin.
- **Proclaim** - As your life overflows with faith, others will see that you have more Gratitude for God's grace, more Hope for God's promise of eternal life, and more Peace in this world.

**Your prayer alarms can change and grow as your faith grows and your relationship to God and His Word gets stronger.**



# Episode 3

## Stronger Women Podcast Resources



### MAKE TIME FOR PRAYER TIME

#### SAMPLE ALARMS WITH THEMES

