Day 1: Prayer: A Quiet Place

"When you pray, you are not to be like the hypocrite; for they love to stand and pray in the synagogues and on the street corners so that they may be seen by men. Truly I say to you, they have their reward in full. But you when you pray go into your inner room, close your door, and to your Father who is in secret, and your Father who sees what is done in secret will reward you."
Matthew 6:5-6

Thoughts for today: Growing in our faith takes discipline. This means we have to be intentional about forming habits that will help us grow and be consistent in our faith. One of the biggest habits we must form is prayer. We need time where we go into our "inner room" and seek God in prayer. You do not necessarily have to have a specific "inner room," although that can be nice, but you do have to specifically find a quiet time and place to get away and talk to God. When was the last time you prayed? How long did you pray? There is no real set amount of time, but this time with God is something we should value. Today, take some time to journal how you feel about your prayer life and why maybe it has not been what it should be. Write down some prayer requests you have, which will help as you begin to consistently pray.

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Today's challenge: Set aside a specific time and place everyday that you will spend time praying to God. Let someone know about this commitment so that they can hold you accountable.