

Dig Deeper Devotional

A Life of Prayer: From Lists to Living Communion

By Randall Schupbach



Opening Prayer

Father God,

You are ever-present, always listening, and always near, You invite me into relationship, not just routine—into communion, not just conversation, Yet I confess that too often my prayers become lists, rushed requests, or moments squeezed between distractions,

Teach me to pray differently, Teach me to pray deeply,

Help me to move beyond obligation into connection, Align my heart with Yours so that my prayers reflect trust, surrender, and awareness of Your presence,

Let my time with You become the most important part of my day—not because of what I ask, but because of who You are,

I come before You now, ready to grow,

In Jesus' name, Amen,

Scripture Foundation

NIV - Matthew 7:7

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you,"

KJV - Matthew 7:7

"Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you,"

Teaching & Insight

Prayer often begins with good intentions—but over time, it can become overwhelmed by complexity,

As life progresses, so do our responsibilities, relationships, and concerns, What starts as a simple prayer life can gradually become a long and growing list of needs: health concerns, financial pressures, family struggles, career decisions, and the weight of a world filled with uncertainty,

None of these are insignificant, In fact, many are deeply important,

But here lies the tension: when everything feels urgent, prayer can become burdensome instead of life-giving,

We begin to feel like we are managing a list rather than engaging in a relationship,

Jesus invites us into something different,

When He says, "Ask," He is not prescribing a checklist—He is inviting trust, Prayer is not about perfectly covering every concern; it is about bringing ourselves fully before God,

A powerful and sustainable prayer life can be built on two foundational movements:

Thanksgiving — remembering who God is,

Petition — surrendering what we carry,

The goal is not to eliminate your prayer list, The goal is to transform your approach,

DEED / ACTION

Today, simplify and strengthen your prayer life:

- 1, Thanksgiving — List 5 things you thank God for daily,
- 2, Petition — List 3 concerns and submit them to God's will, 3, Ask for one opportunity to share your story today,

Pause & Reflect

- Has my prayer life become routine instead of relational?
- Do I spend more time listing requests than acknowledging God?
- What would change if I approached prayer as connection rather than obligation?

Hebrew Insight

nDלָה (Tefillah) — Prayer, intercession, self-examination

Greek Insight

aiTEw (Aiteo) — ask, (jpTEw (Zeteo) — seek

Closing Prayer

Lord,

Refocus my prayer life, Remove the weight of obligation and replace it with the joy of connection,

In Jesus' name, Amen,

Sources

The Holy Bible; Strong's Concordance; Brown-Driver-Briggs Hebrew Lexicon; Thayer's Greek Lexicon

Final Charge

Move from managing requests to walking with God—and watch your prayer life transform,