

**Journey Course Three: How to Pray  
#1 – Prayerfulness – Mark 1:35**

Mark 1:35  
Before daybreak the next morning,  
Jesus got up and went out to an isolated place to pray.

**Life Truth: If prayer is *talking to God*, prayerfulness is *turning toward him*.**

“The purpose of living is not to learn to make prayer, but to become prayer; to live in and for God according to the divine call, wholly surrendered to the Spirit’s activity in the soul for the glory of God. ... Prayer is therefore, the turning of the whole mind, our whole being, towards God.”  
*Father Gilbert Shaw*

**Three Principles to Become More Prayerful**

**Principle #1 SIMPLIFY:** \_\_\_\_\_.

1 Timothy 6:6  
True godliness with contentment is itself great wealth.

**Principle #2 UNIFY:** \_\_\_\_\_.

Philippians 3:13-14  
...I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.

**Principle #3 DIVERSIFY:** \_\_\_\_\_.

Hosea 10:12  
I said, ‘Plant the good seeds of righteousness, and you will harvest a crop of love. Plow up the hard ground of your hearts, for now is the time to seek the Lord, that he may come and shower righteousness upon you.’