Review

Remember who you are praying to (v. 9)

Remember what matters most (v. 10a)

Remember your goal in life (v. 10b)

Remember our total dependence on God (v. 11)

A petition for God's help

An affirmation of God's goodness

Remember our indebtedness to God (v. 12, 14-15)

- The corruption of sin
- The cure for sin

Remember our spiritual weakness (v. 13)

- The textual conundrum
- The textual clarification

Some practical helps to improve prayer life

- Prayer must be inundated with the Words of God
- Pray the promises of God
- Pray in a unique and quiet place
- Before beginning, close your eyes and focus on where you are at
- If possible, pray out loud
- Sing hymns/songs as part of your prayers