HER *prayer life* SERIES

Where Are You With God Right Now?

THE Feisty Faith PODCAST

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Let's *begin.*

My friend, never do I want us to feel like prayer is a checklist or a duty to mark off for the day. Prayer is where our ear leans up against His chest and we experience the heartbeat of intimacy with the Father.

When we pause to look at our prayer life, it becomes a mirror—reflecting our closeness, honesty, and priorities with God. Like Moses pleading with God in the wilderness (Exodus 32–34; Numbers 14), prayer reveals both conversation and intercession. It shows whether we're hiding or being honest, whether we're running on empty or being fueled by His Spirit.

I've lived through every season: too busy to pray, bored and disconnected, on fire as an intercessor, and growing as a prayer strategist. Through it all, prayer has been the place where surrender met God's power—and intimacy deepened.

So I'll ask you what I've had to ask myself:

What is your prayer life saying right now?

Reflection and Inventory

If that question stirred something in you, let's pause and take an honest look. Prayer reveals the season we're in—whether dry, distracted, or deeply rooted. Use the prompts below as a gentle "spiritual inventory."

How would you describe your current connection with God in prayer?

- [ ] I'm too busy to slow down
- [ ] I show up, but feel disconnected
- [ ] I feel like I'm carrying everyone else's burdens
- [ ] I get clear downloads but feel alone in it
- [ ] I want deeper connection—I just don't know where to start
- [ ] I feel healthy, consistent, and rooted in prayer

If my prayer life had a "title" right now, what would it be?

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What season am I in?

- [ ] Dry
- [ ] Distracted
- [ ] Deep
- [ ] Disciplined
- [ ] Discerning

Guided Discovery

Every season has something to teach us.
Which of these episodes speaks most to you right now?

EPISODE
05

The Too Busy Prayer Life

Life is loud, and intimacy feels out of reach

EPISODE
06

The Dull and Boring Prayer Life

Prayer feels dry, distant, or like a routine

EPISODE
07

The Intercessor's Prayer Life

You carry spiritual burdens and war for others

EPISODE
08

The Prayer Strategist's Life

You lead with revelation and need alignment

Prompt

God, what do You want to show me about this season of prayer? How do You want to meet me here?

HONEST *Prayer* STARTER

Now that you've identified where you are, here's space to bring it before God. Use these starters if you need help getting unstuck:

- "God, I want to talk to You but..."
- "I used to feel close to You when..."
- "What I'm afraid to say out loud is..."
- "I think You're inviting me to..."

(Use this space to write your own prayer, or speak it aloud as a conversation with Him.)

Closing Prayer

"Lord, thank You that prayer is more than duty—it's communion with You. Search my heart today. Show me where I'm hiding, where I'm weary, and where You're calling me deeper. Teach me to pray with power, not performance. Amen."

From Reflection to Action

Take 10 minutes today to journal honestly about your prayer life. Don't edit, polish, or try to make it sound spiritual—just write what's real. These pages are between you and God, a space to pour out your heart and let Him meet you right where you are. Think of it as opening the door to an honest conversation, one that can grow deeper over time.

"You don't need to be perfect in prayer—just present."

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