

The “Obstacles” Question About Your Prayer Life

You cannot move ahead until you see what’s in your way. Asking the obstacles question bridges the gap between the present and the future. When you’re not rushed or distracted, explore the following questions about your obstacles. Write out your answers in a journal or on this worksheet. As you do, let the Holy Spirit coach you to pray.

What is getting in the way of the prayer life you want to have?

How are your thoughts and beliefs holding you back?

How are your behaviors holding you back?

How are your past experiences holding you back?

How are other people holding you back?

What else is holding you back?

What might God say to you right now?