SCRIPTURE & SOIL

DEEP ROOTS · REAL LIFE

ONE-PAGE DEVOTIONAL

MAKING ROOM FOR *Prayer*



FOLLOWING THE RHYTHM OF JESUS

"But Jesus often withdrew to lonely places and prayed."

LUKE 5:16

Jesus was surrounded by people. Crowds gathered around Him. The sick came to be healed. His disciples were with Him. There was teaching to do, people to serve and places to go.

And yet, Luke tells us something remarkable — ***Jesus often withdrew to pray.***

Prayer was not something Jesus squeezed into His day when everything else was finished. He intentionally stepped away from the noise and demands around Him to spend time with the Father.

Throughout the Gospels, we see this rhythm again and again. Jesus prayed before important moments. He prayed in solitude. He prayed through the night. He prayed in moments of sorrow and before the cross.

His relationship with the Father was not an interruption to His ministry — **it was at the heart of it.** Jesus lived in complete unity with and dependence upon the Father, and He did nothing apart from Him.

If **Jesus deliberately made room to pray**, how much more do we need that same rhythm in our own lives?

Our days can become crowded very quickly. There will always be another message to answer, another task to finish, another person who needs something, another responsibility demanding our attention. If we wait until life becomes quiet before we pray, we may wait a very long time.

Sometimes we have to make room for what matters.

Prayer does not require a perfect setting or an hour of uninterrupted silence. But intentionally creating space where we can step away from distraction and turn our attention toward God is valuable.

Not because prayer is another task to complete.
But because relationship needs room.

A quieter heart gives God a louder voice.

PAUSE & REFLECT

1. What usually receives your attention before prayer does?

2. Is there a time, place or rhythm you could intentionally create to make more room for God?

A SIMPLE RHYTHM

You do not have to begin with an hour. Begin with a few intentional minutes.

- **WITHDRAW** — Step away from distraction.
- **BE STILL** — Allow your thoughts to settle.
- **PRAY** — Speak honestly with God.
- **LISTEN** — Spend time in His Word and allow Him to shape your heart.
- **RETURN** — Step back into your day carrying an awareness of His presence.

TODAY

Find a quiet place — even if only for a few minutes. Put down the phone. Close the door if you can. Open your Bible.

"You are not withdrawing from life to escape it. You are making room to meet with the One who walks with you through it.

PRAYER

Father, teach me to make room for You in the middle of a busy life. Help me not to treat prayer as something I fit in when everything else is finished. Draw me into a deeper rhythm of speaking, listening and simply being with You. Let time in Your presence shape the way I return to everything You have placed before me. *Amen.*