# Meaningless Repetitions Are a Good Thing

In the Sermon on the Mount, Jesus advised His disciples not to pray using "meaningless repetition" (Mt. 6:7, *NASB).* And of course, He's right: Meaningless repetitions in prayer do nothing in our lives. But I've found that the converse of that statement is true: Meaningless repetitions in life can do much for our prayer!

Every day, we engage in activities we do so regularly we don't even have to think about them. These "windows" of time can he redeemed and used to improve the regularity of your prayer life.

My best prayer posture, for instance, is standing in the shower. I've repeated the shower ritual enough times in my life that 1 don't need to think about it. So now I pray for the people on my prayer list while I shower. (1 glance at my daily list before getting in, but I once heard of a man who sealed his list in plastic and stuck it to the shower wall. Whatever works!)

Here are some other activities that can be turned into time to speak to our Father:

• Washing dishes

• Mowing the lawn

• Curling or drying hair

• Setting the table

• Vacuuming or dusting

• Folding laundry

• Pulling weeds

• Walking on the treadmill

• Standing in grocery lines

• Sitting at red lights

• Feeding the baby

• Driving to work

• Ironing

• Cooking

• Waiting for your on-line service to connect

Think about ways you can connect a particular routine in your life to consistent prayer for a certain person or ministry. For instance, you could decide to pray for the family member whose clothes you are folding or ironing at that moment. Or maybe you could pray for a mis­sionary you know every time you sit at a red light. You could pray for people you know as you drive past their homes or their places of employment on your way to work. Cooking for your family could become the time you dedicate to pray for those who suffer from hunger.

Be creative! We all have times of "meaningless" repetitions in our days. Give them meaning by using them for conversation with the God who loves to hear from you.

*—C. R. Cool, Bear, DE*