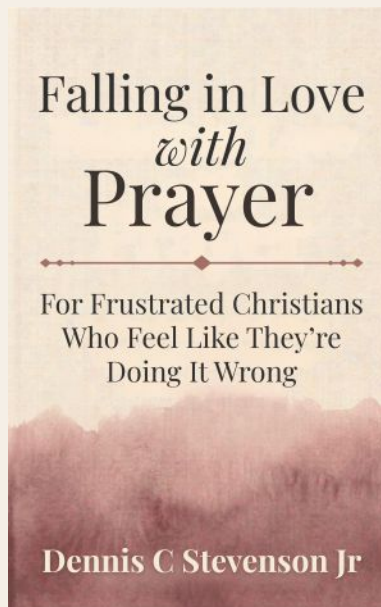


Frequently Asked Questions

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Before You Decide

Falling in Love with Prayer



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Before You Begin



You've been here before — curious about a book on prayer, hoping it might be the one that finally makes a difference, and quietly wondering if you'll be disappointed again.

These questions are for you. They're the ones skeptical readers tend to ask before committing. The answers come directly from the book itself — what it does, how it works, and what it won't promise.

There's no pressure here. Read what matters to you. Then decide.

About the Promise



I've read prayer books before and nothing changed. Why would this be different?

Most prayer books tell you what prayer is supposed to feel like. This one teaches you what to do when you sit down. The difference is concrete, repeatable methods — not inspiration that fades by next week. Dennis spent decades as a sincere Christian who still found prayer hollow, and every method in this book came out of his own search for something that actually worked. He didn't write from the top of the mountain. He wrote from the path.

Is this book going to make me feel guilty about how I've been praying?

The first thing the book does is tell you you're not bad at prayer — and it means it. The whole premise is that the problem isn't you; it's that you've been trying to build a prayer life without enough tools. The tone throughout is warm and honest, not prescriptive. Readers consistently described it as the opposite of preachy.

What if I read the whole thing and still can't pray consistently?

That's exactly why the free companion toolkit exists — it's a 28-day guided practice that walks you through each method day by day, so you don't have to rely on willpower or memory. The book itself is designed to be experienced, not just read: each chapter ends with a short prayer exercise you do right there before moving on. By the last page you'll have already practiced every method, not just learned about them.

About the Effort Required

How long does it take to read?

The book is intentionally short — six chapters plus an introduction, totaling around 65 pages. Most readers finish it in two or three sittings. It was designed that way on purpose: the goal is to change how you pray, not to give you more to read.

Do I need to set aside a lot of time each day to make this work?

No. The methods in this book are designed for real life, not a monastic schedule. The "Try This Next" exercises at the end of each chapter take five minutes or less. The 28-day guided plan in the companion toolkit builds gradually, starting with very short prayer sessions and growing as your confidence does. The point isn't volume — it's connection.

Do I need a Bible, a journal, or any special materials?

A Bible helps for the Prayeraphrase method, but the book always provides the verses you need right on the page. The companion toolkit includes a curated list of 200+ Scripture passages organized by prayer topic, so you'll never have to hunt for a passage on your own. A journal is suggested in a couple of places but never required. You need nothing special to start.

About Real Skills vs. Head Knowledge

Is this practical — like, will I know exactly what to do when I sit down to pray tomorrow?

Yes. Each chapter teaches one concrete method, shows you an example prayer using that method, and then asks you to try it yourself before continuing. By the end of Chapter 1 you'll have already tried Prayeraphrase. By the end of Chapter 6 you'll have prayed an ACTS prayer from start to finish. The methods are simple enough to use immediately — no memorization, no preparation required.

What exactly are the methods? Can you give me a quick overview?

The book teaches six prayer approaches that build on each other: (1) Prayeraphrase — using Scripture as the raw material for your prayer so you always have words; (2) Worship — making God the focus rather than your request list; (3) Confession — a forward-looking approach that names your limitations before the day begins, rather than cataloguing past failures; (4) Gratitude — acknowledging what God has already done, which changes how you see the rest; (5) Going Deeper — praying specifically for character transformation, not just circumstances; (6) ACTS — a simple four-movement framework (Adoration, Confession, Thanksgiving, Supplication) that ties everything together into one complete prayer. The final chapter shows that the first five methods were quietly preparing you for this all along.

Is Prayeraphrase complicated? I'm not a theologian.

It's two steps: read a Bible verse, then talk to God about how it applies to your life right now. That's it. The book walks through it with Psalm 23 — a passage most Christians already know — and shows how a single verse becomes a natural, personal conversation with God. Readers consistently named Prayeraphrase as the standout concept in the book. The Psalm 23 exercise alone was described by multiple readers as something that changed how they pray immediately.

I already know the ACTS framework. Will I get anything new from the last chapter?

Probably more than you'd expect. Dennis spent years using ACTS as a checklist — rattling through each section efficiently and feeling completely empty. The last chapter isn't about learning the acronym; it's about understanding why each movement matters and how the previous five chapters already taught you to inhabit each one. If you've ever turned ACTS into a box-checking exercise, this chapter is specifically written for you.

About the Author's Credibility



Is this written by someone who has always found prayer easy?

The opposite. Dennis is a Bible teacher, a deacon, a published author of multiple Scripture study books — and prayer felt like a chore to him for most of his adult life. The opening of the book is direct about this: he'd show up, say what needed to be said, and move on, assuming that was just how it was going to be. He didn't write this book from expertise. He wrote it from having found a way through, and wanting to hand you the same map.

Is there any theology in here, or is it just techniques?

Both, woven together. Each method is grounded in a specific biblical passage — the early church praying Psalm 2, Jesus modeling the Lord's Prayer, Paul on weakness, David on gratitude. The theology always shows up as the reason a method works, not as a prerequisite. You don't need a theology background. But you'll finish with a clearer sense of what prayer is — and why it was never meant to feel like a performance.



“You don’t need to be a theologian. You don’t need to have your life together. You just need to take the next step.”

Download the free Prayer Companion Toolkit at
dennis-stevenson.com/prayer