

PRAYER

Submission • Obedience • Presence

Are you feeling...

***That God is distant? A need to unload burdens?
That God is far away? Your prayers are unanswered?***

WHAT IS PRAYER?

Prayer is a “conversation” that develops our relationship with God. This “conversation” may be spoken, heard, sensed or experienced. Simply put, prayer is the way we and God commune with each other. Like with any conversation, prayer will leave us different from how we entered the experience.

We recognize the sovereignty of God as our prayer life grows and trust is formed. Answers are not always necessary when everything is in the powerful hands of God. Regular communion with God produces peace instead of anxiety because we come to believe that God alone is trustworthy. Over time we will witness and prove that God answers prayer.

Prayer is not about the words we say but about a two-way communication with God. We will discover that words are not always necessary, and in those times of silence there is a deep connection with God. When the Holy Spirit intervenes on our behalf, we experience a relationship with God that goes far beyond anything we could imagine (see Romans 8:26-27).

WHEN DO I APPLY THIS DISCIPLINE?

If I am starting out in this discipline of prayer, my first efforts at communicating with God may seem awkward or my conversation may seem contrived. But be comforted that the relationship is worth it! Scripture (see 1 Samuel 16:7) tells me that God isn't as concerned with my words or outward appearances as with my heart.

Scripture is full of prayer examples. Two accessible models are either using a Psalm or to follow Jesus' example in what is called The Lord's Prayer found in Matthew 6:9-13.

READY TO PRACTISE PRAYER?

1. Find a quiet place where you can be alone.
2. Open your heart to God. Be prepared to wait and expect God to respond. Select a Psalm to pray and make it your own prayer (i.e. Psalm 32).

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