

Intro to Prayer



What is Prayer?

Prayer is a one-on-one conversation with a loving God in which you can be confident that He hears you. Psalm 66:19-20 says, "But God did listen! He paid attention to my prayer. Praise God, who did not ignore my prayer or withdraw his unfailing love from me."

So, prayer is for every believer, no matter who you are. You don't need to be a pastor or use complicated words. Just talk to God like you would a good friend. Although you may not feel like you know Him well, He knows you better than anyone else knows you (Psalm 139).

Why Should I Pray?

Prayer is essential for growing our relationship with God. While talking to God doesn't make Him love us more, it does help us to love Him more.

Naturally, if we call someone our friend but never talk or spend time with them, how close can we really be? Not talking can hurt the relationship and create distance.

On the other hand, when we communicate openly, trust, understanding and connection follow. While Jesus was on earth, He spent a lot of time with His twelve disciples. They talked, traveled, and shared meals together. Some, like Peter, James, and John, had even closer bonding moments with Him. Their constant communication and shared experiences created a deeper and lasting relationship.

This kind of open communication can help us build an increasing closeness with God.

Praying for others also helps us see beyond our own problems and understand that others struggle too.





How Do You Pray?

Jesus left us a guide for how to pray in Matthew 6:9-13. You can use this prayer as a guide or use your own words from your heart.

When you pray, remember these important things

- Talk to God like you would a friend, without fear. Be open, honest, and truthful.
- Take time to stop talking and listen to what God may be trying to tell you. Have your Bible open when you listen because His word is His voice.
- God isn't a genie in a bottle who grants us everything we request.

What should I pray for?

Since prayer is our communication with God all throughout our day-to-day life, what we pray for should stem from that understanding.

- If something hurts, let Him know.
- If you're scared, tell Him.
- If you have a need, be sure to mention it.
- If you require wisdom or help, then ask.
- If a friend or loved-one is in trouble, then be open about it with Him.

Remember we don't make demands of God. He doesn't answer to us. We don't make declarations about what will happen in our future, only God has that authority (James 4:15). So other than that, we can pray for absolutely everything. If you need wisdom, patience, faith, provision, healing, or anything at all, go ahead and ask.





How will God answer my prayers?

When we talk to God, we must understand that He doesn't always do things the way we want or when we want. God loves you so much that He wants your best, which may not be exactly what you may think is the best for you. (Isaiah 55:8)

In Proverbs 3:5-6 it says, "Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge Him and He will direct your steps."

Sometimes it might feel like God isn't listening, but just because it seems like God isn't responding doesn't mean He isn't listening.

Sometimes He says

- "Yes"
- "Not Yet" or "Wait"
- "Not Like That"
- Or even "No"

Trusting God for answers means we believe He knows everything that we need, and He gives it to us when we need it, not when we think we need it. Take time to learn more about God in the way that He answers.

First Steps In Your Prayer Life

A strong prayer life starts with making it consistent. If you want to improve your prayer life, you will do well to:

1

Pray every day

Building a routine helps you become stronger when you keep at it regularly. It's not about trying to make God love you more, but instead, simply include Him in your day-to-day.

2

Pick a time each day for prayer

Although it is important to talk to God about anything and everything while you go throughout your day, we also know that days can be very busy and, unless you're purposeful, you can fly through the day without talking. Use could use phone alarms or notifications to remind you to pray at certain times or places.

3

Be purposeful in prayer

Prayer can be spontaneous, which is great, but it's also good to keep track of what we are talking to God about.

Write down prayer requests to keep them handy to use as a guide during prayer, via phone, note cards or small notepad. Keep track of answered prayer as well and make sure to thank God for them.

Final Thoughts

In Summary, the God of the universe wants to hear from you. God wants to meet with you more than you may want to meet with Him, so use this introduction to prayer as a guide for starting your ongoing conversation with Him. Remember, you are as close to God as you choose to be. (James 4:8)



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