

06) Prayer

Many people struggle with prayer, wondering “What do I say to God? Will He even care?”. One author wrote that prayer is the key in the hand of faith to unlock the storehouse of heaven where God’s unlimited resources and blessings are kept. And that prayer was the opening of the heart to God as a friend. I like those thoughts.

Lets see what the Bible says about prayer

Jeremiah 29:11-13. God says that His thoughts, or plans, for you are filled with peace and a hope-filled future. He is not the author (cause) of evil. But to experience the hope and peace filled future He has for us requires searching for Him with our entire heart. Half-hearted Christianity will not work! We begin that search with prayer, and Bible study.

Psalms 103:13,14. People often project their own emotions upon God, but the Bible says that God is especially merciful and compassionate towards those who are respectful and reverent towards Him. He understands our condition and circumstances, and that we now have a fallen, sinful, nature.

Psalms 102:17. God listens and turns to the sincere prayer of the destitute. He doesn’t despise their prayer.

Ephesians 6:18. We need to pray frequently and with the help of the Holy Spirit, as well as praying for other believers.

Psalms 55:17. While we can and should pray anytime and at all times, the Bible mentions 3 primary times for prayer: morning, noon, and evening. In spite of his sins, David had faith that God would listen to his sincere prayers.

1 Timothy 2:8. The Bible mentions various postures for prayer: Sitting ([2 Sam 7:18](#)); Standing ([Mark 11:25](#)); Kneeling ([Daniel 6:10](#); [Luke 22:41](#)), Prostrate ,with one’s face to the ground ([Matthew 26:39](#)), and with Hands lifted up ([1 Timothy 2:8](#)). More important than the physical posture is the “posture of the heart”. Sincere prayer includes attitudes of faith, reverence, and peace. If lacking, ask God for them!

Matthew 18:20. Prayer with other believers is powerful and important. When they gather in Jesus name to pray, He is present with them through the ministry of the Holy Spirit.

Matthew 6:5-15. Much of our prayer life should be done individually and privately. Prayer is not, should not be, the mere rote recital of words. True prayer is the opening up of our hearts to God, sharing with Him, as our best friend, our thanks/praise, joys, fears, aspirations, plans, and our (and other’s) needs, holding nothing back. Jesus taught the disciples (and us) to pray with these principles: 1) While we pray in Jesus’ name, since He is our advocate and High priest, we should pray to God the Holy Father who resides in heaven and we should be intent on maintaining His holiness in our heart and lives. 2) Pray

and ask for His grace that you can live in a way that pleases Him and will hasten His return. 3) God says it is ok to ask for your needs. 4) and for forgiveness. But we will only receive forgiveness to the extent we forgive others. If you struggle in that area, ask God to change your heart. 5) Ask God to keep you from evil, to help you avoid and overcome temptation and the tempter. Recognize that power and glory belong to God and His kingdom alone is eternal!

Mark 11:24. Faith is a prerequisite to answered prayer! If your faith is lacking, ask God for faith. He will provide this need.

James 4:3. It is important that our prayer requests are in harmony with God's will.

James 1:5-6. If you're not certain what God's will is, ask Him, and have faith that He will help you to understand (James 1:5).

1 John 3:22. The Bible explains that God's will includes that we keep all His commandments. And do the things the Bible teaches us are pleasing to God. Willful disobedience to God prevents Him from answering our prayers.

Romans 8:26,27. The Holy Spirit will help us in our prayers, even taking them and reshaping them into what we meant to say to God.

Matthew 21:22. When these "conditions" of prayer are met, God answers!

Daniel 2:23. Daniel began his prayer with gratitude and praise for God's blessings. We should begin our prayers that way too.

Ephesians 5:20. Paul emphasized the importance of thankfulness and praise to God.

Psalm 32:5. We should also acknowledge, and confess our sin to God, and ask for an attitude of repentance. We should be certain to accept His forgiveness too, which includes forgiving ourselves.

Psalm 51:1-4,10. Our wrong actions may harm/hurt others, but the sin is against God alone. While it is important to ask for forgiveness, we need to also ask for grace to overcome and a new heart that no longer desires sin.

James 1:5. If or when you struggle with prayer, ask God for wisdom, He will supply it, all that you need.

Job 42:10. Intercessory prayer – praying for others - is important. It was not until after Job prayed for his friends who had been wrongly accusing him, that God answered his prayers, and blessed him abundantly!

Luke 23:33,34. Even while being crucified, Jesus prayed for those who were crucifying Him. But have you considered that we (our sins) are also responsible for His death. That means we were all included in His prayer for forgiveness.

God wants to, and can, give you a new heart if you ask and let Him. A heart that has the same attitude of forgiveness that Jesus had and still has. Will you let Him? Will you ask Him today and every day?