

Prayer is the way we speak directly to God our Father. When we speak to God our Father (Yahweh), we can:

1. **THANK HIM**
  - for sending His Son to save us
  - for answered prayer
  - for keeping you safe
  - for providing food, shelter, clothing, jobs, family, friends

All good gifts are from above - so thank Him for the big things, and the small things and anything else you are grateful for.

2. **MAKE REQUESTS**
  - ask Him for things you need
  - ask Him for things others need
  - ask for healing
  - ask for salvation for others
  - ask for a miracle
  - ask for wisdom
  - ask for anything that needs divine intervention

Whatever your need is...just ask!

3. **POUR OUT YOUR HEART**

Our Heavenly Father *IS* our heavenly Father. You can tell Him how you feel:

  - are you lonely? Tell Him
  - is your heart broken? Tell Him
  - are you afraid? Tell Him
  - are you lost and don't know what to do? Tell Him
  - are you unsure and need direction? Tell Him
  - are people picking on you? Tell Him
  - do you feel like you just need a big hug? Ask Him for one

Our Heavenly Father is more than a genie in the sky, He loves us and cares for us like an earthly father should - but better. When we approach Him, He wants us to come to Him like a little child would. He *wants* us to communicate with Him. Even though He already knows what we will say and ask for, He still wants us to come to Him and do it anyway.

4. **FELLOWSHIP WITH HIM**

Fellowship is spending time with our Heavenly Father just like you would with your best friend. You can talk about anything: your day; the weather; people you've met; the world; your hobbies; music - anything!

The conversation is very casual and personal. It is during this time of prayer that you will most often hear Him speak to you. Our Father communicates with us through our mind and when He does, it will be *extremely* obvious to you. If you are not sure what you hear is from your Heavenly Father, ask Him to give you affirmation.

## Learning How to Pray



Learning to pray is kind of like learning how to ride a bicycle: excited but nervous, you get a little coaching, then before you know it you are off on your own. It is completely normal to be unsure of how to pray. Even the Disciples were unsure how to pray, and asked Jesus to teach them:

**This, then is how you should pray: "Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one." Matthew 6:9-13**

Then Jesus told his disciples a parable to show them that they should always pray and not give up. He said, **"In a certain town there was a judge who neither feared God nor cared about men. And there was a widow in that town who kept coming to him with the plea, 'Grant me justice against my adversary.'**

**For some time he refused. But finally he said to himself, 'Even though I don't fear God or care about men, yet because this widow keeps bothering me, I will see that she gets justice, so that she won't eventually wear me out with her coming!'" (Luke 18:1)**

### Here are some things you need to know about prayer

The fervent prayer of a righteous man avails much. James 5:16

Wherever two or more are gathered in my name, there I am in the midst of them. Matt 18:20

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will. Romans 8:26-27

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind be alert and always keep on praying for all the saints. Ephesians 6:18

Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus. 1 Thes. 5:16-18

#### The Prayer of Faith

Is any one of you in trouble? He should pray. Is anyone happy? Let him sing songs of praise. Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the LORD. And the prayer offered in faith will make the sick person well; the LORD will raise him up. If he has sinned, he will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective. James 5:13-16

The prayer of the upright pleases him. Proverbs 15:8

He hears the prayer of the righteous. Proverbs 15:29

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. Philippians 4:6

Devote yourselves to prayer, being watchful and thankful. Colossians 4:2

I want men everywhere to lift up holy hands in prayer, without anger or disputing.  
1 Timothy 2:8

For the eyes of the LORD are on the righteous and his ears are attentive to their prayer.  
1 Peter 3:12

Sometimes it is difficult to remember to pray. Our lives can become very busy. Sometimes we can't think of anything to pray about. Sometimes we feel guilty asking the LORD for something for our ourselves. Sometimes we are interrupted and distracted. We all go through this at some time or another. Prayer is so effective our enemy will do anything to try to stop us. So, along with finding a quiet spot to pray, here are a few tips to help you improve your prayer life.

1. Reminders: Set an alarm on your cell phone to remind you.
2. Reminders: Use a note to place on top of your toothbrush.
3. Can't sleep at night? Or, wake up in the middle of the night?  
Use that peaceful, quiet time for prayer.
4. Turn off the radio and pray while driving to work or the store.  
(Keep your eyes open, though!)
5. Use the alphabet to start praying for people. Think of people whose names begin with "A"; pray for them. Then move on to the letter "B", and so on.
6. Keep a list of people who need prayer and keep it handy. Better yet, when you tell someone you will pray for them, do it right then! That way, you won't forget, and they will be uplifted immediately.
7. Ask the LORD to bring to your mind someone who needs prayer.
8. Pray for random people you don't know; the man changing a tire; the person in the car in front of you.
9. Pray for people who do the work of the LORD; missionaries, pastors, teachers, brothers and sisters in Christ, etc.
10. Pray for the leaders of our Country, Communities and all those who are in power over us (including your boss).

remember