

Prayer

11 *And it came to pass, that, as Jesus was praying in a certain place, when Jesus stopped praying, one of his disciples said unto him, Lord, teach us to pray, like John also taught his disciples.*

2 *And he said unto them, When you pray, say, Our Father which art in heaven, Hallowed be your name. Your kingdom come. Your will be done, on earth as it is in heaven.*

3 *Give us day by day our daily bread.*

4 *And forgive us our sins; for we also forgive every one that sins against us. And lead us not into temptation; but deliver us from evil.*

Luke 11 King James Version (KJV)

Prayer is a wonderful gift from God whereby we communicate, verbally and non-verbally, with God. Throughout the Holy Scriptures the invitation is there for us to communicate with God. So, prayer may be intimidating and seem difficult to you.

Do you find it difficult? Well, let's talk a look. Please take time and answer the following questions:

- ❖ What keeps me from praying?
- ❖ Is prayer necessary?
- ❖ What are the benefits of prayer?
- ❖ Am I afraid of not having the words or the resources for prayer? If so, why?

Did you answer them all? Without knowing your answers, you should know many people feel the same as you. We usually do not have enough time to pray or we struggle with the question of who should we pray for. Life is so complex we wonder where do we begin to pray and what do we (pray) say.

The Discipline of prayer and devotions is not new to the church. We would like to introduce you to some simple prayer and devotion resources so that you are able to begin delving into the wonderful world of prayer. Richard Foster in his book, [Prayer: Finding the Heart's True Home](#) in the chapter *Simple Prayer*, reminds us that prayer is:

- ❖ Is the most basic, primary form of communicating with God
- ❖ How we verbally tell God about our desires and needs and how we advocate for other people
- ❖ The "good, the bad, and the ugly" about life
- ❖ Ordinary people bringing ordinary concerns to a loving God
- ❖ A lifelong practice that we never outgrow
- ❖ Necessary and essential to the spiritual life
- ❖ A practice that reveals the condition of our heart and allows God to begin working on it

We want start by allaying your fears and help you move you into the comfort zone of prayer.

1. Begin today. There is no better time to start than today. Carve out the time and a place to pray.
2. Don't be afraid. When you pray it is private; it is between you and God, and you don't have to be afraid.
3. Be consistent. By choosing a time and a place to pray, you are more likely to be consistent. Pray early morning, noon, evening, or bedtime.