



PRAYER: TALKING TO GOD

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Philippians 4:6

Relationships are cultivated, in part, through communication. Prayer is the practice of listening and talking to God about all of our cares. While God responds to prayer in powerful ways, prayer is not primarily a tool or weapon we use to overcome trial or get what we want. Prayer is primarily a way to know God more.

Dallas Willard wrote, "Prayer is talking with God about what we're thinking and doing together; it is co-laboring with God to accomplish the good purposes of his kingdom." Through prayer, we humble ourselves enough to invite God to move in our lives and in the lives of others around us. Through prayer we combat spiritual forces of evil. Through prayer we acknowledge our needs before God and invite him to move. Through prayer, we also learn how to just be in God's presence.

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Our motive in prayer is not focused on performance, but on presence.

TYPES OF PRAYER

Communion with God: a time and place set aside to communicate with God, which involves asking, sharing, and listening.

Intercessory Prayer: praying on behalf others by name; interceding on another's behalf; lifting up a concern or need of someone else.

On-the-Go Prayers: in-the-moment prayers; prayers offered while in the midst of an activity.

Journalized Prayers: written out prayers (journaling itself can be a great spiritual discipline).

Imaginative Prayers: picturing yourself in your mind's eye sitting and conversing with Jesus.

P.R.A.Y. Acronym

Praise— Praise an attribute of God

Repent — Confess and repent of sin

Ask — Ask God to work in your life

Yield — Surrender your will to God's will for your life

TIPS FOR PRAYER

- Set aside (schedule) time to pray.
- Start out with short focused times of prayer and expand it.
- Pray throughout your day—God is present and available. Focused, intentional times of prayer are important, but continual communication with God is also valuable.
- If you find yourself “venting” about an issue, try praying about it.
- Pray the Psalms. The Psalms are ancient prayers, poems, and hymns from our faith tradition. You can read the Psalms as a prayer.