

Spiritual Discipline of Prayer

Prayer is the key to relationship with God. Prayer brings us into a place of intimacy with God. By praying we acknowledge God and give him opportunity to be part of our lives.

Often in our fast paced lives we are short on time. This can cause us to slip into the habit of shortening our time spent with the Lord until it is simply a momentary acknowledgement rather than an intimate time of spiritual refreshing.

Taking time to pray enables us to deepen our relationship with God. It enables us to hear his voice as well as communicate with him.

Giving specific time to be one with Him in prayer enables you to know him and encounter him in fresh and intimately personal ways

Philippians 4v6-7. *Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

Psalm 55v17 *Evening, morning and noon I cry out in distress, and he hears my voice.*

James 5v16 *The prayer of a righteous man is powerful and effective.*

Luke 18v1 *Then Jesus told his disciples a parable to show them that they should always pray and not give up.*

How to Pray

1. Set a time into your schedule. Prioritize it! Start with 10minutes.
2. Find a place free of distractions so you can focus on the Lord.
3. Start with praise and thanks. Simply let God know he is great and thank him for his goodness to you.
4. If you need forgiveness for ungodly behaviour confess and receive it.
5. Bring your requests to God in humility and with right motive.
6. Finish by simply waiting, giving Him time to fill you with his presence.

Prayer is a discipline therefore you will need to discipline yourself to enter into this life giving action.

"God does nothing but through prayer" *John Wesley*

You are to busy not to Pray!