

Why Pray?

If you struggle to pray, you're not alone. Here are some things we want you to know and remember:

- We are made for prayer and relationship with God. The scriptures are filled with people who cry out to God through all seasons of life and who experience God as they pray. (Psalm 28:6-7)
- We have an invitation to pray throughout each day and in all circumstances . Prayer draws us into the heart of God for whatever we are facing.(1 Thessalonians 5:16-18)

How To Pray?

Jesus taught his disciples how to pray, that we would also learn different components of prayer in our lives.

- Our Father in heaven - Prayer is relational. Through Jesus we are made children of God, made to enjoy relationships with our Heavenly Father.
- Hallowed be Your name - Prayer is worship. Through prayer we lift our eyes off ourselves onto our holy, mighty and glorious God. Our prayers should be filled with worship.
- Your kingdom come, your will be done, on earth as it is in heaven - Prayer is Submissive. Through prayer we seek God's way above our own and His kingdom to break into the world around us.
- Give us this day our daily bread - Prayer is heart-felt desperation. We can bring anything and everything to God in prayer. All our needs and deepest desires.
- Forgive us our debts, as we also have forgiven our debtors - Prayer is heart-changing. Prayer leads us to ask Jesus to increase in us and our sinful ways to decrease. As we experience God's mercy it overflows in us to others.
- Lead us not into temptation, but deliver us from evil - Prayer is a battle. It's a battle against sin and legalism and a battle to seek God's presence.

How To Be A Praying Person?

For some of us, praying will be brand new. That's awesome! Here are some practical tips to help us to grow in being praying people:

- Pick a time and place - be intentional to spend time praying each day (Psalm 18:19)
- Stop and pray throughout moments in the day - hearing the sound of emergency vehicles, crisis on the news, work frustrations, family situations. Stop and pray.

- When someone shares a prayer need - stop and pray with them in the moment, don't just leave it for later.
- Prioritize praying with the church - through prayer meetings, moments of pray on Sundays or community groups to name a few opportunities.
- Use tools like prayer devotional books, seeing Jesus together journals, prayer apps like the 'Pause' app or 'Lectio 365'.
- Ask God and if you've asked before, ask again (Luke 11:5-13)

Remember why you're praying in the first place - our souls long to know and enjoy God!
Listen to what the Psalmist says...

As a deer pants for flowing streams, so pants my soul for you, O God.

My soul thirsts for God, for the living God.

When shall I come and appear before God?

Psalm 42:1-2 ESV