

Prayer:

“How and where do I start?”

What is Prayer:

Prayer can be an intimidating thing at first, but once you learn the meaning and why we pray it takes the intimidation away. There is no perfect prayer, there is no right or wrong way to pray. Prayer is simply talking to your Heavenly Father creating and building a relationship with him. It's your line of communication to your Father who understands, loves you, and just wants to be with you. Just like a friendship, when you begin to build a relationship with one another you start by talking with them and spending time with them. As the relationship grows you begin to become more familiar with their voice and attributes. Same way with God, he understands your heart, questions, and as humans sometimes we overcomplicate things when God is simple. So start by just talking with God, and getting to know him by spending time in his presence. This is what the devil doesn't want you to access so he will have you second guess the very thing God is speaking to you. Start with prayer, keep it simple, keep it short. If you miss one day try not to miss two.

How to pray:

Start in your secret place. What is the secret place? The secret place is a place where it is just you and Jesus. That could be in your room, bathroom, or car whatever place is the most private with the least amount of distractions. Jesus tells us exactly what to do in Matthew 6:6, “But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.” And when you seek God you will find him, it is a promise.

Scriptures: Matthew 7:7-8, Deuteronomy 4:29, Proverb 8:17, Psalm 34:10

As you pray...

- Welcome his presence into the room by worshiping and praising him. (Psalm 30:4)
- Pray and spend time with him. As you begin to do this he will lead you into his presence and begin to teach you his ways. (Jeremiah 33:3)
- Take time to listen to him, he will respond and that's how you begin to build a relationship. It takes practice and time to understand his voice, but the more time you spend with him the easier it is to hear his voice. (Psalm 46:10)
- Don't be hard on yourself, we all start somewhere. You don't have to be perfect, just be consistent. The more you do it the more you grow and that's the beauty of the process, it's where you get to learn. (Proverbs 24:16)

Note: Keep it simple, keep it short, you miss one day, be intentional not to miss two. As time goes on 10 minutes will turn into 20 minutes, and 20 minutes will turn into more time of you dwelling in the secret place building a relationship with Jesus. It won't always be easy but it *will* always be worth it.

20 minutes with God:

5 mins of worship to God

- Praise Him, sing or worship with music.

5 mins of you praying to God

- Pray scripture or whatever is on your mind but talk to Him, ask Him for what you need.

5 mins of you listening to what God has to say

- Pause and listen for Him to speak back. This isn't an audible voice, it is usually a still voice speaking from within.

5 mins respond to him and close your time up with God

- Respond in prayer.

Your Prayer is powerful:

God hears you when you pray. Don't let the devil lie to you and tell you he doesn't hear you or your prayers aren't working. That is a lie and there is no prayer too big nor too small for God to move through. God has given you power and authority through your words. God's words are alive and active, sharper than any double-edged sword, it penetrates even to divide soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. And Jesus has given you authority over all through him in your words.

Scripture: Proverbs 18:21, Hebrews 4:12, Luke 10: 19

When you recognize the power in your prayer through what God has given you, something will change. In fact, there were two men in the bible who recognized this and something powerful happened. Actually chains broke, prison walls were opened, and people were set free as these men praised and prayed to God. It not only freed them but those around them too. **Your prayer isn't just for you but for those around you and who you are called to impact.** In Acts 16: 25-26 Paul and Silas were in prison in chains, but they didn't let that stop them from what God was doing through them.

Scripture:

Acts 16:25-26 "About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them, and suddenly there was a great earthquake, so that the foundations of the prison were shaken. And immediately all the doors were opened, and everyone's bonds were unfastened."

