

Prayer

Def—A reverent petition made to God.

Prayer is a conversation with God.

Prayer is one of the key ways we build our relationship with God. It's special because it's intimate and personal. When we pray, we spend time with God.

**Are there certain times or places that we shouldn't pray?*

We can pray anywhere and anytime. Our prayers can be as long or short as we'd like.

**Is there a certain way we are supposed to pray?*

God doesn't need us to use eloquent language; He knows what's in our heart already. He wants us to be ourselves.

There's an acronym—**ACTS**, that people sometimes use to help them pray.

Adoration—praising God

Confession—admitting and repenting for our sins

Thanksgiving—glorifying God through our gratitude for all of His blessings.

Supplication—or petition: asking God for help (for you or others).

We don't always include all four of these things in every prayer, and that's okay, but if we think of these things, it helps us to learn how to pray and to talk to God.

2 other things that make a healthy prayer life:

relating—being honest to God & speaking to him as someone we trust.

& listening—This is the hardest part of prayer. Being still and hearing what God wants from us.

God doesn't need us to pray to him—he doesn't need thanks or praise from us, but when we give thanks & praise to him, it is a way of reminding us of all he does for us. He also doesn't need us to tell him what we need help with—he knows everything, so of course he knows what we need and want, but when we ask for God's help, we are reinforcing the fact that we need God, that we need a relationship with him. It helps us to learn to rely on him instead of ourselves. God wants us to have a close relationship with him, but we are the ones who need prayer, and who benefit through prayer.

Prayer can sometimes be difficult for us, and we are sometimes uncomfortable praying, but the more we practice it, the more comfortable we become.

A few ways to practice prayer-

1. Set aside a special time (or two, or three) each day to pray.
2. Pray with family or friends (this can be as simple as saying Grace with your family at dinner).
3. Have a "prayer partner" to be accountable to. (Or a prayer group)
4. Find a special quiet place to pray.
5. Keep a prayer journal.