

## **What is Prayer?**

Prayer is talking with God. *What does that mean?* If it is as simple as talking with God, why do the disciples who have been with Jesus for years, ask the Lord, "Teach us how to Pray?"

Perhaps there is more to prayer than simply talking to God. Here are some other questions about prayer to meditate on and think about. God's blessing on your increased prayer life!

## **Why should we pray since God already knows everything?**

God invites us to pray. 1 Timothy 2:1, 2 invites us to pray for those in authority. Matthew 5:43-44 tells us to pray for our enemies. Psalm 50:15 encourages us to pray in times of trouble. 1 Thessalonians 5:16-28 encourages us to give thanks and pray for God's will. Philippians 4:6 commands us to lift up our prayer requests.

## **What is the power behind prayer?**

The power behind prayer is not us, nor our faith. John 16:23-24 reminds us that the work of Jesus is the power behind prayer. Matthew 6:8 recalls the power lies in God's love for us in Christ. Psalm 10:17 reminds us that God listens and encourages us to cry out to Him.

## **To whom are we to pray? Is it OK to pray to Jesus? The Father? Saints? Dead people?**

We NEVER pray to any person be they dead, alive, great, or sainted. 1 Timothy 2:5, "For there is one God and one mediator between God and men, the man Christ Jesus." John 16:23-24. Ask in Jesus' name or pray to God the Father. Romans 8:26-27. The Holy Spirit intercedes for us.

## **PREPARE YOUR HEART TO PRAY!**

1. **"If I regard iniquity in my heart, the LORD will not hear me." Psalm 66:18**  
Confess as sin any feeling of bitterness, resentment, ill will, and sinful habits. Ask the Lord to exchange those sinful attitudes for the God-pleasing attitudes that he wants you to have.
2. **"If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." 1 John 1:9**
3. **"The prayer of a righteous man is powerful and effective." James 4:8**
4. **"And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him."**  
Hebrews 11:6

## **Helpful acronym for you to remember in prayer (ACTS)**

- A (DORATION)** Praise God for creating the heavens and earth in 6 days, for being holy, righteous, just, merciful, loving, patient, all-knowing, all-present, etc.
- C (ONFESSION)** Ask the LORD to forgive you of all sins in thought, word, and deed, and trust through faith He forgives you through Jesus' name and work.
- T (HANKSGIVING)** Thank God for the temporal and eternal blessings he gives you (house, home, food, drink, faithful spouse, children, land, good government, peace, breath of life, inheritance in heaven, etc.)
- S (UPPLICATION)** Prayer requests for you or others. Pray the LORD's will to be done.

**End all prayers in Jesus' name.**