

The Family that Prays Together:

One of the major spiritual disciplines I learned growing up was how to pray. As a family, we would pray before meals, at bedtime, in the car before leaving on a road-trip, before heading off to school, or as our family hit significant “life hurdles.”

Communication is a fundamental part of our relationship with God. In Genesis (first book of the Bible) we read about the “fall of man.” Because of our rebellion (wanting to do things our way) we felt like we needed to hide from God, and that rebellion brought separation into our most important relationship, our relationship with our Heavenly Father. That separation was fixed when God sent His son, Jesus, to die paying the price for our sin.

It’s easy to forget to go to God, and instead do things our way. We need to develop the habit of praying to God in all situations. My parents modeled this for me, and it is a vital piece in my relationship with God.

Prayer is not a mysterious practice reserved only for pastors and the religiously devout. Prayer is simply communicating with God—listening and talking to him. We can pray from the heart, freely, spontaneously, and in our own words. If prayer is a difficult area for you, practice. Start by being intentional, making a conscious effort to pray throughout the day, in the car, before you eat, before you get out of bed, or before you make a phone call.

Matthew 26:41

"Keep alert and pray. Otherwise temptation will overpower you. For though the spirit is willing enough, the body is weak!" (NLT)

Ephesians 6:18

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. (NIV)

**The Children's
Ministries
of Grace Baptist Church**

What If I Don't Know How to Pray?

Romans 8:26-27

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will. (NIV)

Important things to remember while praying:

Humility

2 Chronicles 7:14

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land. (NIV)

Wholehearted

Jeremiah 29:13

You will seek me and find me when you seek me with all your heart. (NIV)

Faith

Mark 11:24

Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. (NIV)

Righteousness

James 5:16

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective. (NIV)

Obedience

1 John 3:22

And we will receive whatever we request because we obey him and do the things that please him. (NLT)

Does God Hear and Answer Prayer?

Psalms 34:17

The righteous cry out, and the LORD hears them; he delivers them from all their troubles. (NIV)

Psalms 91:15

He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. (NIV)