



*So you want to know more about prayer...*

We assume everyone knows how to pray. We say things like, "You're in my thoughts and prayers," and may even tell people that we will pray for them. But what does it look like? Are there specific times to pray? Specific words we have to say? To whom do we even need to pray?

Christians often use the term "prayer life" because, according to the bible, prayer is to be a constant part of our daily lives. Think about the times that most of us do pray - at church, during our quiet times, before meals, before bed, in times of crisis. In fact, 1 Thessalonians 5:17 tells us to pray continually, without ceasing, at all times.

*So, what is prayer?*

Basically, prayer is talking to the Lord just like friends talk to each other and are brought closer together through their sharing. Prayer deepens our relationship with God. We humbly communicate, worship, and seek God's face, knowing that he hears us, loves us, and will respond. Further, prayer often encompasses confession, praise, adoration, and intercession.

Our attitude in prayer is important. We should approach God humbly, yet with confidence because of Christ. (Ephesians 4:2; James 4:10; 1 Peter 5:6). Our prayers should come often and regularly, not out of legalistic duty, but from a humble heart, acknowledging our dependence on God in every aspect of our lives.

Just as breathing is essential to our physical lives, so also prayer is essential to our spiritual lives. Breathing consists of both inhaling and exhaling. Likewise, prayer is to be not only a process of talking to God, but also of listening or receiving from God. It's being in his presence! You can pray anywhere, anytime, anyhow and for anyone!

## What prayer is not

- **Prayer is not magic.** We cannot summon God as though he were a genie, waiting to grant our wishes without regard to our circumstances or the consequences.
- **Prayer does not make demands.** While we can make requests of God in prayer, we dare not make demands. God is the Creator of the universe and does not take orders from us.
- **Prayer is for our benefit, not God's.** We were made to function best when we are in a proper relationship with our Creator. Our lives are more fulfilling when we are aligned with God and walking with him.
- **Prayer is not a guarantee against suffering.** The Bible does not guarantee that anyone will be without suffering. In fact, in 1 Peter 4:12-13 we are told, "Dear friends, do not be surprised at the painful trial you are suffering, as though something strange were happening to you. But rejoice that you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed."

## Why do we pray?

We pray because God cares for us (1 Peter 5:7). What a comfort! God wants us to involve him in every aspect of our lives, and promises to listen, to help, and to protect. When we pray, we surrender and release our thoughts, worries, and desires to God. We pray because prayer causes us to align our will with God's perfect will, shifting our attention to "him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us" (Ephesians 3:20).

## It starts with a relationship

This all starts with a relationship with God! God loves us, but we have a problem called sin, and sin eternally separates us from God. Tragically, there is nothing we can do about it. But God can – and did! In his mercy, God sent his son to take the full punishment of our sins on the cross so we could live eternally with him in heaven. We only need to believe in, and place our full trust in Jesus. (For more information visit Key Radio's eternal life page on our website.)

Prayer is a way for us to communicate with God and strengthens and deepens our relationship with him. Key Radio encourages you to begin by spending five minutes a day talking with the Lord. And if you need prayer, submit your prayer requests from our website. We'd consider it an honor and a privilege to pray for you! Prayer is a gift, after all!

## Resources:

<https://www.focusonthefamily.com/faith/faith-in-life/prayer/prayer>

<https://www.harvest.org/know-god/foundations/what-is-prayer>

<https://www.gotquestions.org/what-is-prayer.html>

<https://billygraham.org/answer/what-is-prayer/>

<http://www.keyradio.org/eternallife/>



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