

## PRAYING IS SIMPLE AND SINCERE

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Prayer is how we communicate with God. It is also how He sometimes communicates with us. He has commanded us to pray. What follows can help you learn how to pray.

### **Prayer Has Four Simple Steps**

A prayer has four simple steps. They are evident in the Lord's prayer found in Matthew 6:9-13:

And for my younger audience here's your list

ACROSTIC ; ( A simple poem ,each letter represents a word)

1. P Praising God
2. R Repent of our sins.
3. A Ask Him for blessings
4. Y Yield to God's will

Prayer can be said in one's mind or out loud. Praying aloud can sometimes focus one's thoughts. Prayers can be uttered at any time. For meaningful prayer, it is best to seek a quiet place where you will not be disturbed.

### **Step 1: Praising God**

Enter his gates with thanksgiving and into his courts with praise; give thanks to him and praise his name.. Psalm 100:4 (NIV)

We open the prayer by praising God because he is the one we are praying to. Start by saying "Father in Heaven" or "Heavenly Father."

We praise our Heavenly Father, because He is the father of our spirits. He is our creator and the one to whom we owe everything we have, including our lives.

### **Step 2 : Repent of your sins.**

After opening the prayer we ask our Father in Heaven for forgiveness of our sins.

Prayer brings to light attitudes that must be changed; habits that need to be broken. And barriers to spiritual progress that must be removed.

And if we forget some of our sins the Spirit helps us in our weakness and he who searches our hearts... intercedes for God's people in accordance with the will of God ( Rom 8: 26-27 NIV ).

### **Step 3: Ask for others and yourself.**

After thanking our Father in Heaven we can ask him for help. Some of the ways you can do this is to say:

- "I ask thee ( I ask you)..."
- "I need..."
- "Please help me..."

We can ask him to bless others and us with the things... needed, such as knowledge, comfort, guidance, peace, health, etc.

Remember, we...get answers and blessings if we request the strength necessary to withstand life's challenges, rather than asking for the challenges to be removed.

### **Step 4: Yield to God's Will**

We close the prayer by saying, "In the name of Jesus Christ, Amen."

We do this because Jesus is our Savior, our mediator between death (physical and spiritual) and eternal life. We also close with saying Amen because it means we accept or agree with what's been said.

### **Praying in a Group**

When praying with a group of people only the person saying the prayer speaks. The person praying should say the prayer in the plural such as, "We thank thee," and "We ask thee."

At the end, when the person says amen, the rest of the group says amen as well. This shows our agreement or acceptance of what they have prayed for.

### **Pray Always, With Sincerity And With Faith In Christ.**

Jesus Christ taught us to pray always. He also taught us to pray with sincerity and avoid vain repetitions. We must pray with faith that does not waver and with real intent.

One of the most important things we should pray for is to know the truth about God and (God's) plan for us.

## **Prayers Will Always Be Answered**

Prayers can be answered in multiple ways, sometimes as feelings through the Holy Ghost or thoughts that come into our minds.

Sometimes feelings of peace or warmth enter our hearts as we read the scriptures. Events we experience can also be answers to our prayers.

Preparing ourselves for personal revelation will also help us in receiving answers to prayers. God loves us and is our Father in Heaven. He hears and answers prayers.

A simple prayer could be this:

***Dear Heavenly Father, We are so grateful for your guidance in our life. We are especially thankful for today's worship experience. As we try and keep your commandments, please help us to always remember to pray. Please help us to read the scriptures daily. We say these things in the name of Jesus Christ, Amen.***

I thank you for listening and do have a prayerful week.

Blessings as we continue in worship...

Sources:

Daily Devotional -The Word For You Today

The Internet