

Day 16: Prayer Changes Things ~ The Importance of Prayer

The importance of prayer cannot be overstated. There is such a cause and effect when it comes to us asking the Lord to meet a need, especially if that prayer requests more of Him in our lives.

Prayer is displayed throughout the Bible. There are a multitude of scriptures that tell us to pray, when to pray, and the results of prayer. Jesus even taught His disciples how to pray in the Lord's prayer. Jesus modeled prayer also. Often, He went to be alone to seek the Lord (Luke 5:16).

So why do we not pray more often? Why is something so powerful neglected? There are many reasons, but a few are distraction, unanswered prayers, not making the time, not seeing the importance, and not knowing how. While each one of us experiences at least a few of these reasons, it is definitely time to press into the Lord.

Here are a few examples of the Lord's response to a child calling out to their Father. Moses often prayed for the Israelites to be spared (Num 11:2; 21:7). Hannah interceded for a child and Samuel resulted (1 Sam 1:12-2:1). Job prayed for his friends and the Lord forgave them (Job 42). The disciples prayed for more of the Lord and Pentecost occurred (Acts 1-2).

What would you receive if everything you asked for in prayer yesterday was granted to you today? Would a litany of situations and people change, or would your world remain the same because there was no prayer? If you are NOT praying then you will receive nothing. James says we have not because we ask not, or we have asked with wrong motives (James 4).

The Lord wants to bless you because He wants a relationship with you. Prayer is such a powerful mode of communication between us and God. Open your heart to the importance of prayer today.

Day 16 Worksheet

Do you have a daily prayer routine? If yes, what is it. If not, what prevents you?

Write down prayer requests you have today?

James states the fervent prayer of a righteous person avails much (James 5:16). What could be different if you began a regular prayer life? If you already have a regular prayer life, what could change if you increased the amount of time in prayer daily?

Has God not answered prayer in the past? If so, how did you deal with the disappointment? Are you afraid to pray because you do not want to be let down again?

Write two action steps to help you pray more on a regular basis?
