



Perspectives for Prayer Guide

Prayer is personal for each individual, which leads to various avenues to approach God. I believe prayer is the basic communication and interaction with God. The Bible gives many examples of people praying since the beginning of God's relationship with humanity.

Prayer is a way to communicate our thoughts, feelings, needs, worship, and ideas to the Lord. It can be expressed in many forms. A few ways include; silent thoughts, spoken words, written words.

Scripture encourages us to pray, or call out, to the Lord. Jesus' disciples recognized it as an important part of Jesus' life of ministry and asked Him to teach them how to pray. Their request is where we get the example of "The Lord's Prayer" in Chapter 6 of the book of Matthew. Isn't it just like us to want an example to follow so we make sure we are "doing it right"?

From my experience prayer can be intimidating, especially when we are unsure of how God wants us to respond or interact with Him. I spent many years believing that some people, not me, had a direct line to God and if I REALLY needed to ask something big and important I would need one of them to pray for me. Please don't think I'm at all suggesting that praying with others is not necessary because the opposite is true. Praying with others is an important part of our relationship with the Lord, which is supplemental to our personal prayers. Once I recognized that the mechanics of personal prayer were not as important as the practice of prayer I found freedom to pray without judging my own prayers. We are free to pray so let's do it!

Yes, prayer is the formulating of words, but there isn't a list of top 10 best phrases to use if your prayer is related to _____ (fill in the blank). As many ways as there are to express prayer there as many, or more, varieties of the words, lengths, and postures available to interact with God. The common thread is our belief that He hears us, He answers us, and He sees the depths of our heart and hears our authentic cry to Him. No matter if is a quick "Jesus please help me" ... "Jesus please forgive me" ... or a written-out prayer in a prayer journal. Our Father in heaven is waiting and wants to hear from us. How will you interact with Him today?

If you are just starting a daily prayer practice below is a simple guide to help you develop your prayer style with the Lord.

SOAR Through Prayer Focused on WE not ME:

- S-** Surrender & Submit my worries and my sins to God
- O-** Outpouring of thanksgiving for God's amazing activity (past, present, & future)
- A-** Ask for God's will to be done for others and my areas of need
- R-** Recognize & Receive His power and peace in my life

The key to prayer is remembering it is a relationship builder not a religious practice.

Other prayer related articles by Sherry Eifler: [Engaged in Prayer](#) [Growing in Prayer](#)