

Prayer: The Who, Why, How, When, Where, and What

01 - Who Do We Pray To?

We pray to God the Father.

Jesus made a way for us to have direct relationship with God.

"For there is one God, and there is one mediator between God and men, the man Christ Jesus." — 1 Timothy 2:5 (ESV)

As believers, we can boldly come before God because of what Jesus did on the cross.

"Let us then with confidence draw near to the throne of grace." — Hebrews 4:16 (ESV)
The Holy Spirit also helps us in prayer and leads us as we pray.

02- Why Do We Pray?

Prayer is how we communicate with God. Prayer is not about religion. Prayer is about relationship. God desires closeness with His children.

"Draw near to God, and he will draw near to you." — James 4:8 (ESV)

We pray because:

- We love Him
- We need Him
- We want to know Him more
- We need guidance and wisdom
- We bring Him our burdens
- We worship Him
- We intercede for others
- We grow spiritually through intimacy with Him
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Prayer changes us. Prayer strengthens us. Prayer keeps our hearts aligned with God.

03- How Do We Pray?

You do not need fancy words to pray. Talk to God honestly and sincerely. Jesus taught us to pray with humility and sincerity, not to impress people.

Prayer can include:

- Worship
- Thanksgiving
- Repentance
- Asking
- Listening
- Interceding for others
- Praying Scripture
- Praying in the Spirit

A simple example:

"Father, thank You for today. Help me follow You. Give me wisdom and strength. Forgive me where I have sinned. Teach me to walk in Your ways. In Jesus' name, amen."

04- When Should We Pray?

Anytime. All the time.

Prayer is not limited to church services or certain times of day.

"Pray without ceasing." — 1 Thessalonians 5:17 (ESV)

Pray:

- In the morning
- Before bed
- During hard moments
- During joyful moments
- Before decisions
- While driving
- At work
- With your family
- At church
- Throughout your day

Prayer should become a lifestyle, not just an emergency response.

05 - Where Should We Pray?

Anywhere. God hears you wherever you are. You can pray:

- At home
- In your car
- At church
- Outside
- At work
- Walking
- Quietly in your heart
- Around other believers

Jesus often withdrew to quiet places to pray because prayer requires intentional time with the Father. It is important to have personal prayer time where you can focus on God without distractions.

06- What Should We Pray About?

Everything.

"Cast all your anxieties on him, because he cares for you." — 1 Peter 5:7 (ESV)

Pray about:

- Your relationship with God
- Your family
- Your struggles
- Temptation
- Your future
- Healing
- Finances
- Wisdom
- Your church
- Your city
- The lost
- Revival
- Strength
- Guidance

Nothing is too small or too big for God.

Prayer is powerful because God is powerful. Do not overcomplicate prayer. Just begin talking with your Father. The more time you spend with God, the more you will recognize His voice, His peace, His wisdom, and His leading. Stay close to Him. The prayer of a righteous person has great power as it is working." — James 5:16 (ESV)