

HOW TO PRAY

We know that Jesus prayed (e.g. John 17), and He taught His disciples to pray (Luke 11:1-4). Also, biblical writers throughout both Old and New Testaments exhorted believers to pray. We may not fully understand exactly how prayer works, but we have enough information about God's power, God's goodness and His desire for us to call on Him to know we should draw near.

According to the afore mentioned Scriptures (Luke 11:1-4), we must always acknowledge that we are praying to our Father which is in heaven; and that we know that Holy is His name. We are requesting His Spirit to come so that we may do His will in us as it is done in heaven. This is the prayer taught to the disciples by Jesus the Christ. The prayer in John 17 was prayed to the Father for all of the disciples and those that came to Trust and Believe in Jesus as the son of God.

PRAY TO OUR FATHER. Of course not all people have good earthly fathers that help them to imagine a good heavenly Father; but most of us have seen a good earthly father in action. Sometimes that's enough to encourage children and adults to want to get to know a Real Good Father which is in heaven; His name is Jesus. It is also effective to pray some Scriptures that you find expresses your supplication to God. Jesus began His prayer by addressing God with "Our Father" (MATTHEW 6:9). The first word our assures us that those who follow God are brothers and sisters, sharing a family identity because we have the same Father. And we pray in community with each other.

As for "Father", the first person of the Godhead is not a male or a human. The word "Father" is a metaphor albeit a favorite and intimate one. No one in the old testament had ever prayed to God as their personal "Father", but as the Creator-Father of their nation; but Jesus escorted His disciples and us into the intimate relationship He had with His Father, inviting us to address God in the same way. We have the intimacy with Him that comes from belonging to His family.

PRAY IN JESUS' NAME: Often we end our prayers with "In Jesus's name, Amen." The apostle John recorded (JOHN14:13) that Jesus promised His disciples, "And I will do whatever you ask in my name, so that the Father may be glorified in the Son." But what does it mean to pray in Jesus's name? By making our requests "in the name of Jesus," we

speak not in our own power but in the name of the One who has all authority in and earth. We should also approach God Confidently because we have a High Priest who has passed into heaven (HEBREWS 4:15-16). He was in all points tempted as we are, yet without sin. I THESSILONIANS 5:17 lets us know that we should pray continually. So in the morning when we get up and pray we cannot check it off our to-do list as having been done for the day, we need to live in constant conversation with the One who loves us. There is so much more to make note of, but due to time.

In closing all I can say about “how to pray” is just do it; take a little time and have some conversations with Jesus.